

# Parks & Recreation



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**Activity Guide Fall/Winter 2013-2014**  
**[www.sbparksandrecreation.com](http://www.sbparksandrecreation.com)**



# BE A PARTNER! BE A CORPORATE SPONSOR!

## MAKE A DONATION!

The Parks and Recreation Department has a wide variety of programs and events available for corporate sponsorship and in need of donations! Align your company with the Parks and Recreation Department, an organization that promotes healthy and active lifestyles through a great variety of family-oriented programs and services to the Santa Barbara community. We will work with you to create a customized sponsorship package that meets your company's objectives and budget. Contact Judith McCaffrey today to discuss the possibilities—897-1946 or [jmccaffrey@santabarbaraca.gov](mailto:jmccaffrey@santabarbaraca.gov).



Summer Camp Scholarship Fund



Concerts in the Park



Santa Barbara Arts Alliance



Fun on the Run Mobile Recreation



Youth Culinary Arts

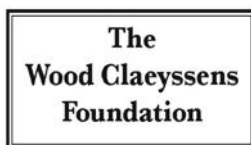


Teen Leadership Banquet

**Special Thanks and Gratitude to our Generous Sponsors & Donors!**



SANTA BARBARA COUNTY **Arts Commission**



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## VISIT OUR BLOG!

The Parks & Recreation blog at <http://santa-barbara-parks-and-recreation.blogspot.com> showcases our Programs, instructors, class changes and additions, and more. Feel free to send us suggestions as to what you would like us to feature.

## "LIKE US" ON FACEBOOK

Parks & Recreation, City of Santa Barbara Concerts in the Park, Santa Barbara

## WE'RE GREEN

City Parks & Recreation publishes this Activity Guide online to save paper, trees and money. We encourage everyone to go online to [sbparksandrecreation.com](http://sbparksandrecreation.com) to access our online Guide and to register using eRecreation. Registering online is eco-friendly—you save gas, reduce CO2 emissions, save time and save paper. Plus you have the added convenience of registering at any time.

## RESIDENT DISCOUNT FEES

Most classes list two prices (ie: \$60/\$54). The second, lower fee is for Santa Barbara City residents. Please see page 48 for complete details.

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*High Tea is served at Art from the Heart  
Cover Photo by Karen Putnam*

**City of Santa Barbara Parks & Recreation Activity Guide Fall/Winter 2013-2014**

Editor/Designer: Molly McDonough



# THE BASICS

## Easy Ways to Register

Registration is accepted on a first-come, first-served basis. Please read the instructions carefully for each registration option below before making your selection. City residents may take advantage of the Resident Fee Discount Program for discounted fees. The two-page Activity Registration Form is on pages 50-51.



### Online using eRecreation

Easy online registration is available online at

[www.sbparksandrecreation.com](http://www.sbparksandrecreation.com). First-time users, please call 897-2519 to obtain your User ID and PIN number.



### By Mail or Fax

Complete the two-sided Activity Registration Form on pages 49-50. To ensure accurate enrollment, you must include the Code # assigned to each activity. Be sure to include payment in full,

well in advance of the activity. Credit card payments are only accepted online, by phone or in person.



### In Person

For all programs, camps and clinics, register either

at the Cabrillo Bathhouse, 1118 E. Cabrillo Blvd. (beachside) or the Carrillo Recreation Center, 100 E. Carrillo St. Bathhouse phone: 897-2680; fax 897-2605 CRC phone: 897-2519; fax 897-2520



### On the First Day

You may register for some activities at the first class meeting. Check descrip-

tions or call the number listed to determine if this option applies. **Please be advised that activities fill quickly and may no longer be available for this option.** To verify space availability for any activities we offer before choosing a registration method, please call the number listed with that activity.

## Where to Call

### Department Information

P & R Administration	564-5430
Recreation Information	564-5418
Parks Information	564-5433
Creeks Information	897-2508
Golf Information	687-7087
Park Rangers	897-1941
Marketing & Publicity	564-5589

### Program Information

Active Adults & Classes	897-2519
Adapted Recreation	564-5421
Aquatics	897-2680
Concerts in the Park	897-1946
Neighborhood & Outreach Services	897-2560
Santa Barbara Arts and Crafts Show	897-2519
Senior Programs	897-2519
Sports	564-5422
Special Events/Photo & Film Permits	897-1999
Tennis	564-5573
Youth Activities	564-5495

### Facility Information

André Clark Bird Refuge	564-5433
Cabrillo Pavilion Arts Center	897-1983
Cabrillo Pavilion Bathhouse	897-2680
Carrillo Recreation Center	897-2519
Carrillo Street Gym	564-5540
Casa Las Palmas	897-1983
Chase Palm Park Center	897-1983
Franklin Center	897-2582
Los Baños Pool	966-6110
Louise Lowry Davis Center	897-2568
Municipal Tennis Courts	564-5573
Oak Park Tennis Courts	564-5573
Pershing Park Tennis Courts	564-5573
Santa Barbara Golf Club	687-7087
Skater's Point	564-5422
Twelve35 Teen Center	882-1235
Westside Center	897-2560

## Parks & Recreation Staff

**Nancy L. Rapp, Director**  
**Jill Zachary, Assistant Director**

### Creeks Division

Cameron Benson, Creeks Manager  
George Johnson, Creeks Supervisor

### Golf Division

Simon Herrera, Golf Course Manager

### Parks Division

Santos Escobar, Parks Manager  
Ken Brown, Parks Supervisor  
Steve Bliddle, Parks Supervisor  
Steve Takaya, Parks Supervisor  
Tim Downey, Urban Forest Superintendent  
Randy Fritz, Street Tree Supervisor  
Kathy Frye, Natural Areas Planner

### Recreation Division

Sarah Hanna  
Recreation Programs Manager  
Judith McCaffrey  
Recreation Programs Manager & Development  
Mark Alvarado, Senior Recreation Supervisor  
Terry Brown, Youth Activities Supervisor  
Jason Bryan, Senior Recreation Supervisor  
Cathy Carpenter, Tennis Services Coordinator  
Rich Hanna, Senior Recreation Supervisor  
Susan Jang-Bardick, Facilities & Special Events Supervisor  
Jeff Smith, Sports Supervisor  
Susan Young, Neighborhood & Outreach Services Supervisor

## Park & Recreation Commission

Beebe Longstreet  
Megan Alley  
Chris Casebeer  
Nicolas Ferrara  
Lesley Wiscomb, Chair

# OPEN HOUSE AT CARRILLO RECREATION CENTER

## FREE CLASSES ALL WEEK!

Join us at the Carrillo Recreation Center

## OPEN HOUSE

**Monday-Saturday, September 16-21**

- There is no fee to attend any of the classes listed here during the week of September 16-21.
- All classes are held at the downtown Carrillo Recreation Center, 100 E. Carrillo Street.
- Love the class? Sign up for the new sessions beginning the following week.

### ADULT CLASSES

#### Monday, September 16

Qigong	10-11:15a.m.
Qigong/Tai Chi Easy	3-4p.m.
BegBallet	5:30-7p.m.
Jazzercise	5:30-6:30p.m.
Country Line Dance	7-8p.m.
Martial Arts	7-8:30p.m.

#### Tuesday, September 17

Jewelry-making Orientation	9:30-10:30a.m.
Stretch & Tone Sr. Fitness	10-11a.m.
Hula Dance	5:30-7p.m.
Country Two Step—Beg	6:30-7:30p.m.
Martial Arts	7-8:30p.m.
Country Two Step—Int	7:30-8:30p.m.

#### Wednesday, September 18

Tai Chi	10-11:15a.m.
Jazzercise	5:30-6:30p.m.
Core Strength & Flexibility	6:45-8:15p.m.
Argentine Tango Level 1	6-7p.m.

#### Thursday, September 19

Stretch & Tone Sr. Fitness	10-11a.m.
Hula Dance	5:30-7p.m.
Belly Dance—Beg	5:45-7p.m.
Salsa for Beginners	7-8p.m.
Tahitian Dance	7-8p.m.
Belly Dance—Int	7:00-8:30p.m.
Salsa—Int	8-9p.m.

#### Friday, September 20

Zumba	5:30-6:30p.m.
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#### Saturday, September 21

Stretch & Tone Sr. Fitness	10-11a.m.
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**Carrillo Recreation Center**  
**100 East Carrillo Street**  
**897-2519**

### YOUTH CLASSES

#### Monday, September 16

Kung Fu—Beg (ages 4-6)	3-3:30p.m.
Kung Fu—Int (ages 4-6)	3:30-4p.m.
Kung Fu—Adv (ages 4-6)	4-4:30p.m.
Martial Arts (all level ages 7-12)	4:30-5:30p.m. & 5:30-6:30p.m.
Creative Dance (3 1/2 -12)	5:30-6:30p.m.

#### Tuesday, September 17

Youth Acting (ages 6-12)	4:30-5:30p.m.
Wildcatz Cheer (ages 4-13)	5:30-7:30p.m.
Baton Twirling (ages 6-12)	5-6p.m.

#### Wednesday, September 18

Kung Fu—Beg (ages 4-6)	3-3:30p.m.
Kung Fu—Int (ages 4-6)	3:30-4p.m.
Kung Fu—Adv (ages 4-6)	4-4:30p.m.
Martial Arts (all level ages 7-12)	4:30-5:30p.m. & 5:30-6:30p.m.
Mindful Me (Circle for Girls)	4:30-5p.m.

#### Friday, September 20

Intro to Rhythmic Gymnastics	3:30-5p.m.
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#### Saturday September 21

Martial Arts (all level ages 7-12)	10:30-11:30a.m.
Beg Kung Fu (ages 4-6)	9-9:30a.m.
Int Kung Fu (ages 4-6)	9:30-10a.m.
Adv Kung Fu (ages 4-6)	10-10:30a.m.



# YOUTH & TEEN PROGRAMS

- Youth Sports Leagues
- Kidz Love Soccer
- Afterschool Sports
- Recreation Afterschool (RAP)
- Jr. High Programs
- Tennis
- Arts & Enrichment
- Dance
- Gymnastics, Martial Arts
- Teen Activities

*Right: Afterschool soccer league players get competitive while having a great time. Photo: Leah Valentine*

*Below: Santa Barbara Arts Alliance members pose in front of a new mural recently created at the Franklin Youth Center. Artists (left to right): Josh Nolan, Fernando de Luna, Annette Unzueta/Program Coordinator, Danny Meza, Miguel Rodriguez, Thomas Zepeda. Photo by Ricardo Venegas.*



# AFTERSCHOOL YOUTH SPORTS LEAGUES

Students are encouraged to create a school team and join the Parks and Recreation's Afterschool Flag Football, Blacktop Basketball and/or Soccer leagues. Students attending elementary schools in Goleta, Hope and Montecito school districts are eligible for these fun afterschool sports programs. Requirements for creating a team and participating in the leagues include: 1) volunteer coaches (parents or school staff); 2) minimum of 10 players registered per team; 3) registration forms completed and submitted by registration deadline; 4) after-school practice space provided by school; 5) schedules for day and time of weekly practices by volunteer coach; and 6) transportation to and from games provided by parents. Register online at [www.sbarksandrecreation.com](http://www.sbarksandrecreation.com) or in person at the Parks and Recreation Sports Office at East Beach Cabrillo Bathhouse at 1118 E. Cabrillo Blvd. Hours are Monday-Friday, 8a.m.-5p.m.. For more youth sports program information, please visit <http://teamsideline.com/santabarbara> or call 564-5422.

## Flag Football League (Fall): Grades 3-4 and 5-6

Fall is football season! Time to join a team! Sign up today and place your child on your school's team. Volunteer coaches and paid referees provide an organized and exciting league. Practices are held afterschool, and seven regular season games are played at Dwight Murphy Park Field. Single-elimination playoff games held at SB City College's La Playa Stadium.

**When:** Practices and games Sep 16-Nov 22

**Registration Deadline:** Friday, Sep 13

**Fee:** \$60 per player

**Codes:** 18065 grades 3rd-4th coed

(Wednesday games from 3:30-5:00p.m.)

18066 grades 5th-6th coed

(Friday games from 3:30-5p.m.)

## S.B. Sports Association PONY League Baseball (Fall): Ages 8-14

*Cosponsored by the City of Santa Barbara*

This program offers kids the opportunity to have fun while receiving instruction from experienced coaches in four age divisions: Coach-Pitch (8-9); Mustang (9-10); Bronco (11-12); and Pony (13-14). For more information, visit [www.sbyouthbaseball.com](http://www.sbyouthbaseball.com).

## Blacktop Basketball League (Winter): Grades 4-6

Get ready for March Madness! Join an afterschool basketball team! Sign up your child to be placed on your school's team. Practices are held after school, and seven regular season games are scheduled at local elementary schools or SB Junior High School's outdoor blacktop basketball courts. Season-ending playoffs.

**When:** After school December 2013-February 2014

**Registration deadline:** Friday, Nov 22

**Fee:** \$50 per player

**Codes:** 18078 grades 4-6 girls

18079 grades 5-6 boys

## S.B. Soccer League (Spring 2014): Grades 3-6

Afterschool soccer league! Sign up to place your child on your school's team. Practices are after school and seven regular season games are scheduled at Dwight Murphy Park Soccer Field or at local elementary school fields. Season-ending playoff games.

**When:** After school Mar-May 2014

**Registration Deadline:** Mar 1, 2014

**Fee:** \$50 per player

**Code TBD** grades 3rd-4th boys; Tue @ 3:45p.m.

**Code TBD** grades 4th-6th girls; Thu @ 3:45p.m.

**Code TBD** grades 5th-6th boys; Fri @ 3:45p.m.



# KIDZ LOVE SOCCER—FALL/WINTER

KIDZ LOVE SOCCER: Ages 2½-12

Fall session: Sep 28-Nov 16, 2013

Winter session: Jan 25-Mar 15, 2014

Learn the “World’s Most Popular Game” from professional coaches trained in the Kidz Love Soccer method. Each Saturday session includes age-appropriate activities, skill demonstrations, fun games and instructional scrimmages conducted in a non-competitive, recreational format. All classes are held Saturday mornings at Dwight Murphy Softball Field, outfield. Program Fee: \$99/\$90.

Register online at [www.sbarksandrecreation.com](http://www.sbarksandrecreation.com), at the Parks and Recreation Sports Office located in the Cabrillo Bathhouse, 1118 E. Cabrillo Blvd., or call 564-5422.

## Mommy/Daddy & Me

Ages 2½-3½

Introduce yourself and your toddler to soccer and develop your child’s large motor and socialization skills.

A variety of activities are played each week. The fun happens on the field, and you won’t have to watch from the sidelines!

**Time:** 8:30-9a.m.

**Fall code:** 18249

**Winter code:** 18255

## Tot Soccer: Ages 3½-4

Encourage large motor skill development through fun soccer games while introducing small children to a group setting. Little players will enjoy running and kicking just like the big kids! Shin guards are required after the first meeting.

**Time:** 9:15-9:45a.m.

**Fall code:** 18250

**Winter code:** 18254

## Pre-Soccer: Ages 4-5

This program teaches basic techniques of soccer while building self-esteem through fun activities. Children learn to follow instructions in a nurturing, age-appropriate environment. Shin guards are required after the first meeting.

**Time:** 9:45-10:20a.m.

**Fall code:** 18251

**Winter code:** 18256

## Soccer 1: Ages 5-6

Players learn dribbling, passing, receiving, shooting, age-specific defense, etc.... Fun skill games are played at every session, and every participant will have a ball at his/her feet. Small-sided soccer matches are introduced gradually. Shin guards are required after the first meeting.

**Time:** 10:20-11:05a.m.

**Fall code:** 18252

**Winter code:** 18257



*Everybody gets to play!*

*Photo by Leah Valentine*

## Soccer 2: Ages 7-10 and

## Soccer 3: Ages 10-12

Play soccer in a structured, nurturing environment. Be challenged by real soccer situations while venturing into the fun, tactical side of scrimmaging. Players 7-12 years will enjoy age-appropriate soccer matches. Attack and score goals! Pace and possession! Defense and transition! Kidz Love Soccer...where the score is always Fun-to-FUN! Shin guards are required after the first meeting.

**Time:** 11:05-11:50a.m.

**Fall code:** 18253

**Winter code:** 18258



# FREE AFTERSCHOOL SPORTS LEAGUES

## Sports Programs at Santa Barbara Elementary Schools

The Afterschool Sports Programs are FREE to all students attending Adams, Adelante, Cleveland, Franklin, Harding, McKinley, Monroe, Roosevelt, Washington, and S.B. Community Academy. Register your children for fall flag football, winter basketball and spring soccer leagues. Your children will make new friends and learn teamwork and sportsmanship in a safe environment! For more info on FREE afterschool sports and other youth sports programs, please call 564-5422 or visit the youth sports web page at <http://teamsideline.com/santabarbara>. Register online at [www.sbparksandrecreation.com](http://www.sbparksandrecreation.com) or in person at the Parks and Recreation Sports Office located in the Cabrillo Bathhouse at 1118 E. Cabrillo Blvd. (beachside).

Monday afterschool practices. Transportation provided to away games for the following schools: Adelante, Adams, Cleveland, Franklin, Harding and McKinley.

### Flag Football (Fall)

**Code 18070:** grades 3rd-4th  
Games played Tue or Wed @ 3:45p.m.

**Code 18071:** grades 5th-6th  
Games played Thu or Fri @ 3:45p.m.

### Blacktop Basketball (Winter)

**Code 18074:** grades 2nd-3rd coed  
Games played Tue @ 3:45p.m.

**Code 18075:** grades 4th-5th boys  
Games played Wed @ 3:45p.m.

**Code 18076:** grades 4th-6th girls  
Games played Thu @ 3:45p.m.

**Code 18077:** grade 6 boys  
Games played Fri @ 3:45p.m.

### Soccer (Spring 2014)

**Code TBD:** grades 3rd-4th boys  
Games played Tue @ 3:45p.m.

**Code TBD:** grades 4th-6th girls  
Games played Thu @ 3:45p.m.

**Code TBD:** grades 5th-6th boys  
Games played Fri @ 3:45p.m.



*Girls and boys have a great time on the field*

# RECREATION AFTERSCHOOL PROGRAM

## Start the New School Year Right with RAP!

RAP is offered all 180 school days through Santa Barbara's Parks & Recreation Department. Register today!

The Recreation Afterschool Program (RAP) is a principal-endorsed program that the City of Santa Barbara and the Santa Barbara School Districts have collaborated on for more than 20 years. RAP provides homework assistance, games, crafts, clubs, field trips, free sports leagues plus an innovative S.P.A.R.K. (Sports, Play, and Active Recreation for Kids) curriculum to children enrolled in grades 1 through 6 who attend Adams, Monroe, Roosevelt or Washington Elementary Schools. Parents love RAP for its convenience, affordability and safety, along with knowing their children are being cared for by well-trained staff.

### Where & When

This program takes place at your child's school on all school days. Program sites are open until 5:30p.m. on regular school days, early release and minimum days.

### Registration Information

Registration for the 2013-2014 school year is under way. All Drop-In passes must be purchased in person at the Youth Activities office at the Carrillo Recreation Center, 100 E. Carrillo Street and can not be purchased online. Session passes may be purchased online, at the Youth Activities office or any Parks and Recreation office. Registration forms are available at the Youth Activities office, online at [www.sbparksandrecreation.com](http://www.sbparksandrecreation.com) and at all participating schools' offices. Mail or deliver the form with payment to the address above **two weeks prior to the first session**. For more information, call 564-5495.

*RAP makes all the kids smile  
Photo by Leah Valentine*



### Fees

30-day session: \$150  
Drop-In 10 visit RAP Card: \$70  
Single-day visit: \$10

### Scholarships

Please call 564-5495 or stop by the Carrillo Recreation Center.

### Accessibility to Recreation Services/Inclusion Program

**If your child has special needs, registration must be received three weeks prior to program start.** Our well-trained staff will make your child's recreational experience safe and enjoyable. For more information, call our Adapted office at 564-5421.

SCHOOL	DATES						RAP Drop-In Pass	Daily Drop-In
	8/26-10/27	10/8-11/19	11/20-1/17	1/21-3/5	3/6-4/23	4/24-6/5		
	CODES							
Adams	17966	17967	17968	17969	17970	17971	18036	18035
Monroe	17972	17973	17974	17975	17976	17977	18031	18035
Roosevelt	17988	17989	17990	17991	17992	17993	18033	18035
Washington	17978	17979	17980	17981	17982	17983	18034	18035



# JUNIOR HIGH ENRICHMENT PROGRAMS



Runaways Band left to right Izzy Hamm, Mia Farrar, Miranda Gain, Mailia Lim, Jasmine Zukor

## NEW! Girls Rock The Runaways Afterschool Ages 7 - 14

Girls Rock offers instrumental lessons in guitar, drums, bass and keys, and an ensemble program. Ensemble is a band-practice format, while instrument lessons are group classes for different age groups. All instruments are provided, however, you may bring your own. The Runaways Afterschool also features a Teen Intern Program for 15-17 year olds to earn community service. Call 564-5495 or visit [www.girlsrocksb.org](http://www.girlsrocksb.org). 8-week sessions.

9/10-10/31; 11/5-12/19 - with Holiday

Showcase; 1/14-3/4/2014; 3/11-5/6/2014 with Girls Rock Benefit at the Marjorie Luke Theater.

**Where:** Grades 1-3 and 4-5 at Mackenzie Park Adult Building, 3101 State St.

Grades 6-8 at Santa Barbara Junior High School

### 1-3 Grade

**When:** Tue 3-6 p.m.

**Code 18431** 9/10-10/29

**Code 18435** 11/5-12/17/13

**Code 18438** 1/14-3/4/14

**Code 18441** 3/11-5/6/14

### 4-5 Grade

**When:** Wed 3-6 p.m.

**Code 18432** 9/11-10/30

**Code 18436** 11/6-12/18

**Code 18439** 1/15-3/5/14

**Code 18442** 3/12-5/7/14

### Grade 6-8

**When:** Thu 3-6 p.m.

**Code 18433** 9/12-10/31

**Code 18437** 11/7-12/19

**Code 18440** 1/6-3/6/14

**Code 18443** 3/13-5/8/14

## Free Jr. High X-Country

*sponsored by Club West*

Get in shape with Club West Cross Country running coaches. All abilities are welcome! Meets one day per week and one dual meet per week against other junior high schools. Program ends with the All Junior High X-Country Championships at Elings Park where they are rewarded with an ice cream party Thursday, October 25. Start date is the week of Sep 9.

### Afterschool-3:30p.m.

Goleta Valley: Mon; La Colina, Santa Barbara, La Cumbre: Tue

**3:30-4:30p.m.**

La Cumbre: Fri

**Dual meets** 3:30-5p.m. days TBD

**All-District meet** Wednesday, Oct 30, 2013

Elings Park.

**Codes:** Goleta #18174; La Colina #18175; Santa Barbara #18176; La Cumbre #18177

**Register:** online at [www.sbparksandrecreation.com](http://www.sbparksandrecreation.com) or at your school.

**Info:** 560-7552

## Jr. High Pedal Power

*sponsored by Bici Centro & S.B. Bicycle Coalition*

"Driving Education" on a bicycle! Learn bike safety, braking, safe-handling skills while in traffic and bike repair. Taught by accredited Safe Cycling instructors. Bring own bike and helmet or earn one if you don't own a bike or helmet. Students receive a Safety Certificate from the League of American Bicyclists.

**When:** Classes meet 2:30-4p.m., twice/week for 6 weeks.

Goleta Valley Wed & Thu (9/19);

La Colina Wed & Thu (9/19);

SBJHS Tue/Th (9/18)

**Registration deadline:** 9/14

**Fee:** \$20

# YOUTH TENNIS

Tennis is a game you can play for life and enjoy no matter what your age. We offer quality programs for everyone in well maintained facilities and at reasonable prices. Instruction levels range from pee wee and beginning classes that focus on basic eye/hand coordination and stroke production to footwork drills to improve the immediate player. Programs include lessons, drop-in clinics, leagues and tournaments. Our experienced USPTA/PTR certified teaching staff are committed to the highest level of excellence possible while enriching your tennis experience and making learning fun! For youth and adult class schedules and registration information, see pages 33-34. For more information, contact Cathy Carpenter, Tennis Services Coordinator, at 564-5573 or [cacarpenter@santabarbaraca.gov](mailto:cacarpenter@santabarbaraca.gov)

## Year-Round Tennis Classes: Ages 4-17

Our mission is to offer quality programs in well-maintained facilities at reasonable rates. Instruction levels range from beginning classes that focus on basic eye/hand coordination and stroke production to drills for footwork at the Intermediate level. All classes are taught by experienced USPTA-certified instructors.

## USTA Tournaments

### Ages 10-17

*Cosponsored by the City of Santa Barbara Parks & Recreation and Santa Barbara Tennis Patrons*

All tournaments are sanctioned by the USTA and are held at Municipal Tennis Center. Call 680-3870 for information or visit [sbtennispatrons.com](http://sbtennispatrons.com)

## FREE Drop-in Court Use at Muni

Kids age 18 and under can play for free at Municipal, Pershing and Oak Park when courts are available and not scheduled for activities.

**Adult Tennis Classes**—see pages 34-35

**Class size:** Four to six students  
**Where:** Municipal Tennis Facility  
**Fee:** \$56/\$51 per 4-week session

## Saturday Clinics

### Ages 8-14

*Cosponsored by the City of Santa Barbara Parks & Recreation and Santa Barbara Tennis Patrons*

Drop in any Saturday morning and find out from a professional instructor what the game of tennis is all about. All equipment is provided; just bring yourself and be ready to have fun!

**Where:** Municipal Tennis Courts

**When:** Saturdays, 10a.m.-Noon

**Fee:** First time FREE, then \$7/clinic

- 6th Annual Novice Tournament: Sept 7
- 6th Annual Satellite: Sept 14
- 25th Annual Central Coast Grand Prix Masters: Oct 5-6
- 8th Annual Mike Koury Tournament: Dec 1
- 29th Annual Santa Barbara Winter Tournament: Jan 18-19, 2014
- 99th Annual Santa Barbara Summer Jr. Tournament: May 31-Jun 1; Jun 7-8, 2014;
- 44th Annual Jr. Tournament July 17-20, 2014





# YOUTH ARTS



*Art from the HEART Multigenerational All Ages  
Photo by Karen Putnam*

## CERAMICS

The Chase Palm Park Craft Center, 234 E. Cabrillo Boulevard, boasts a terrific waterfront studio location offering a full range of low-fire materials in an inspiring, fun and educational atmosphere. Information: 897-2519

### Ceramics Parties for Children

A unique party idea where children celebrate at the CPP Crafts Center, a special place to make a project with a friend. Instructor-led activities last 90 minutes. Refreshments and decorations provided by the parents, and we provide the fun and excitement. Parties must be reserved at least two weeks in advance and require a \$25 non refundable credit card deposit.

**Cost:** Up to 13 children: \$310  
\$12 per extra child. Maximum 15 children.

### Clay Is The Way!

If you and/or your family and friends are interested in forming your own class or workshop, please contact 897-2519. Private throwing lessons are also available for \$35/hr.

## ART from the HEART Multigenerational All Ages

ART from the HEART is an intergenerational Program to encourage diverse expression through the arts. These classes are designed to build self esteem and encourage a sense of community. They are at retirement communities where children and residents benefit through participation together.

Sharing and kindness are encouraged with an invitation for all ages and abilities to join our creative fun. Sibling and family discounts available. For more info about intergenerational classes, events or birthday parties, contact Karen Putnam (805) 966-9078; email: ARTfrom\_theHEART@hotmail.com; or visit website: [www.artfromtheheartwithkaren.com](http://www.artfromtheheartwithkaren.com)

**When & Where:** 1-day workshops at either Maravilla or Samarkand retirement communities. See below for schedule.

**Fee:** \$11/\$10

Maravilla: Mon 1:30-2:30p.m.

18412	8/12
18413	9/9
18414	11/11
18415	12/9

Samarkand: Mon 3:30-4:30p.m.

18416	8/12
18417	9/9
18418	11/11
18419	12/9

## Fabulous Fall Tea Party! Ages 3 and up

Reserve your seats at our beautiful table set with fresh flowers, lovely tea pots and dainty tea cups. Feather boas and hats are provided for each guest. Seasonal fruit, desserts, juice and herbal tea will be served. Manners, music and movement are planned for this multigenerational tea party experience.

**Where:** TBA

**When:** Sat 11/16 3-4:30p.m.

**Fee:** \$25/\$27 per person

**Code:** 18420

**Information:** 966-9078



*Art from the Heart Tea Party  
Photo by Karen Putnam*

# YOUTH ACTIVITIES

## NEW! Circuit Craft Holiday Workshop

Make blinking ornaments, trees and wreaths to decorate using your holiday imagination. Little bits of circuits, lights, batteries and festive holiday craft materials are provided.

**When:** Mon, Dec 23, 1- 4p.m.

**Where:** Carrillo Recreation Center  
Founders Room

**Fee:** \$50/\$45

**Information:** 805-564-5495

**Code:** 18191

## Youth Acting Program Ages 6-12

Has your child expressed an interest in performing? In this 6-week course led by experienced instructor Brendan Fleming, students work on an age-appropriate play, learning how to memorize lines through repetition and how to work with other actors on stage. This class is geared to be the first building block in the acting process. Class size of 10 or fewer participants provides for personalized attention.

**Instructor:** Brendan Fleming has been acting for 25 years, performing in theater, film and television.

**When:** 6-week sessions on Tue from 4:30-5:30p.m.

**Where:** Carrillo Recreation Center

**To register:** online or sign up at the first class

**Information:** 569-2852 or 897-2519

18301	9/24-10/29	\$165/\$150
18302	11/5-12/10	\$165/\$150
18303	1/7-2/11	\$165/\$150
18304	2/25-4/1	\$165/\$150

## Baton Twirling Ages 6-12

Baton Twirling improves coordination, physical fitness and quick thinking. After a warmup, students are led through exercises with a new trick taught each week. A full routine is set to music as skills are learned.

**Instructor:** Jacki Zintel

**When:** Tue, 5-6p.m.

**Where:** Carrillo Recreation Center

**Fee:** \$15 drop-in fee

**Register:** online or at first class

**Information:** 909-664-4263;  
897-2519

18305	9/24-10/29	\$66/\$60
18306	11/5-12/10	\$66/\$60
18307	1/7-2/11	\$66/\$60
18308	2/18-3/25	\$66/\$60

## Circles for Girls from Mindful Me: Ages 9-15

The Girls' Circle model, a structured support group, is designed to increase positive connection, personal and collective strengths and competence in girls who develop caring relationships and use their authentic voices.

A minimum of 6 participants is needed to run this program. Call Facilitator Karin Durlinger at 284-6762 who will work with families to set up a schedule that works best for participants.

**When:** Meets for 2 hours once a week for 8 weeks

**Where:** Carrillo Recreation Center

**Information:** 897-2519, 284-6762 or kmdurlinger@yahoo.com.

**Fee:** \$200/\$182

## Children's Creative Dance Ages 3 1/2-12

Karen Putnam is thrilled to encourage expression through dance with new Saturday morning classes at the Carrillo Recreation Center! Dance attire encouraged with the focus not so much on our bodies, but what's inside of our bodies that needs to come out of our hearts as we move together.

**When:** Mon 5:30-6:30p.m.

**Fee:** \$74/\$67

**Information:** 897-2519, 966-9078  
or artfrom\_theheart@hotmail.com;  
www.ARTfromtheHEARTwithKaren.com

18421	9/23-10/28	\$74/\$67
18422	11/4-12/9	\$74/\$67
18423	1/6-1/10	\$74/\$67
18424	2/24-3/24	\$62/\$56*





# YOUTH DANCE & CHEERLEADING

## Dance Class Location and Registration:

All ballet classes are held at the Carrillo Recreation Center, 100 E. Carrillo Street.

Register online, by mail or fax (pages 49-50) or sign up at the first class (preregistration is recommended as classes fill quickly). All children's ballet classes are taught by Susan Manchak. Information: 451-2304 or [susan.manchak@gmail.com](mailto:susan.manchak@gmail.com)

## Ballet Classes: Ages 3-5 and 6-10

Our youth ballet classes are perfect for children who already love to perform and help to build confidence in those who might be a bit shy. Young dancers learn basic moves with balances, turns and jumps. Dance combinations allow for individual interpretation and expression. Attire for ballet classes: leotard and tights (any color) or leggings and t-shirt, ballet slippers.

**When:** See schedule and codes below

**Fee:** \$63/\$57 for 6-week sessions or \$12 drop-in fee

### Ages 3-5: Mondays, 4:30-5:30p.m.

18309	9/23-10/28	\$63/\$57
18310	11/4-12/9	\$63/\$57
18311	1/6-2/10	\$63/\$57
18312	2/24-3/24	\$53/\$48 (5 weeks)

### Ages 3-5: Thursdays, 4:30-5:30p.m.

18325	9/26-10/31	\$63/\$57
18326	11/7-12/12	\$53/\$48 (skips 11/28)
18327	1/9-2/13	\$63/\$57
18328	2/20-3/27	\$63/\$57

### Ages 3-5: Fridays, 3-4p.m.

18313	9/27-11/1	\$63/\$57
18314	11/8-12/13	\$53/\$48 (skips 11/29)
18315	1/10-2/14	\$63/\$57
18316	2/21-3/28	\$63/\$57

### Ages 6-10: Fridays, 4-5p.m.

18317	9/27-11/1	\$63/\$57
18318	11/8-12/13	\$53/\$48 (skips 11/29)
18319	1/10-2/14	\$63/\$57
18320	2/21-3/28	\$63/\$57

## Mommy & Me Ballet

### Ages 2-3 and a parent

Your budding ballerina will get off to a great start in this new class from popular ballet instructor Susan Manchak. Little ballerinas will explore the basics of ballet in a supportive environment. Participation with a parent or guardian is required in this class. Adults will enjoy a gentle exercise while introducing their child to the world of dance. Price includes both the parent and child.

**When:** Tue, 10-11a.m.

**Fee:** \$74/\$67 per 6-week session or \$15 drop-in fee.

Fee includes child and parent.

18321	9/24-10/29	\$74/\$67
18322	11/5-12/10	\$74/\$67
18323	1/7-2/11	\$74/\$67
18324	2/18-3/25	\$74/\$67

## Wildcatz Cheer Performance Teams

### Ages 4-13

We've got spirit, yes we do; we've got spirit, how about YOU? Learn basic cheerleading movements integrated with tumbling, hip-hop dance and competitive group performance techniques. These age-appropriate classes include some basic stretching and conditioning. After participants have taken at least one session of cheer classes, they can move up to the intermediate/advanced performance teams. For information, please call Instructor Terry Sanchez at 661-472-3887 or 897-2519.

**Instructor:** Terry Sanchez

**When:** Tue 5:30-7:30p.m.

**Where:** Carrillo Recreation Center

18330	9/24-10/29	\$82/\$75
18331	11/5-12/10	\$82/\$75
18332	1/7-2/11	\$82/\$75
18333	2/18-3/25	\$82/\$75

# YOUTH GYMNASTICS

## Rhythmic Gymnastics Ages 6-10

Rhythmic gymnastics is both a sport and entertainment combining elements of gymnastics, dance and apparatus manipulation (such as the ball, rope, hoop, clubs and ribbons).

The curriculum consist of an introduction to basic body movements, elements of dance, rhythmic apparatus and floor acrobatics. The emphasis is to improve strength, balance, coordination and flexibility.

**Instructor:** Tatiana Mysko, former competitive gymnast and "Master of Sports in Rhythmic Gymnastics," from Russia.

**Where:** Carrillo Recreation Center Ballroom

**Fee:** Punch cards:

Introduction: \$83/\$75 for 6 classes.

Gymnastics II: \$165/\$150 for 12 classes.

Good for 6 months.

Drop-in fee: \$17/\$15

**Information:** Youth Activities office  
564-5495, 805-284-3293 or  
[www.rg.dvflyer.com](http://www.rg.dvflyer.com)

### **Introduction:**

Starts Fri 8/9

Fridays 3:30-5:10p.m.

### **Gymnastics II:**

Starts Mon Aug 5

Mon, Tue & Thu 3:30-5:10p.m.





# YOUTH MARTIAL ARTS



## Little Dragons Kung Fu Ages 4-6

Kids learn the 12 animal movements of Kung Fu in 3 different class levels. At this age, the animal movements help children develop body awareness and self-confidence. This class is designed to be both serious and fun. All students receive patches and belts for their achievements.

**Instructor:** Chris Millner

**Beginning:** Mon 3-3:30p.m.;  
Wed 3-3:30p.m.; and Sat 9-9:30a.m.

**Intermediate:** Mon 3:30-4p.m.;  
Wed 3:30-4p.m.; and Sat 9:30-10a.m.

**Advanced:** Mon 4-4:30p.m.;  
Wed 4-4:30p.m.; and Sat 10-10:30a.m.

**Where:** Carrillo Recreation Center

**Fees:** 12-session punch card  
(2 month expiration) \$74/\$67;  
\$10 drop-in fee.

**Information:** 897-2519

## Family Kung Fu Ages 7-12

Children will develop flexibility, coordination, balance and control using Kung Fu workouts and traditional "forms" of self-defense. The forms increase in length and difficulty depending on the individual student's progress. Students warm up together, later breaking into groups according to their level. Parents are encouraged to participate. All students will compete in tournaments where they learn to apply the martial art skills they've acquired. All classes are multi-level.

**Instructor:** Chris Millner

### When:

Mon 4:30-5:30p.m. and 5:30-6:30p.m.  
Wed 4:30-5:30p.m. and 5:30-6:30p.m.  
Sat 10:30-11:30a.m.

**Where:** Carrillo Recreation Center

**Fees:** 12-session punch card  
(2 month expiration) \$110/\$100;  
\$15 drop-in fee.

**Information:** 897-2519



# TEEN ACTIVITIES: FRANKLIN CENTER

The Franklin Youth Drop-In Center is a safe place for neighborhood youth to socialize and build relationships with other neighborhood youth through a variety of activities, organized learning experiences, and skill-building opportunities. Activities are offered daily throughout the year during the afterschool hours from 2:30-5:30p.m. Please contact 897-2582 for the most current information.

Services and activities include:

- Free Snack Program
- Arts and Crafts
- Community-service opportunities such as neighborhood cleanups and mural painting
- Pool Table & tournaments
- Movie Room
- Computer Lab/Free Internet Access
- Cook & Learn classes
- Career Development through various workshops, including resume writing and job interviewing, workplace-readiness training, and job placement assistance.

**Franklin Youth Drop-in Center**  
**1126 E. Montecito Street**  
**Monday-Friday, 2:30-5:30p.m.**  
**897-2582**

*The Franklin Youth Drop-in Center provides a safe place for neighborhood youth to have fun and take advantage of learning opportunities afterschool throughout the year. Photo by Ricardo Venegas.*





# TEEN ACTIVITIES

## Santa Barbara Arts Alliance Ages 14-18

The Santa Barbara Arts Alliance is an art-based mentoring program for youth which provides leadership and life skills development opportunities through hands-on, community-service projects. The program, open to all, operates out of the Franklin Neighborhood Center Monday through Friday from 3:30-6:30p.m.

This unique program allows youth participants to take lead roles in developing, planning and implementing community-service projects, including graffiti abatement, neighborhood cleanups and the creation and installation of murals in public spaces previously plagued by graffiti vandalism. These projects have a positive social and economic impact in our neighborhoods. The program prevents and/or minimizes all forms of vandalism, violence and negative youth behavior by pulling youth off the streets and engaging them in art-related programming that is fun and relevant to their social network. For more information, call 897-2582.



## Culinary Arts Program

Interested in becoming a chef, learning how to cook or cater? This class is an introduction to a career in the culinary arts world. Learn about commercial kitchens, catering techniques, and go on exciting field trips where you meet real professionals at their workplace. Space is limited to 10 participants per series of workshops. Call 897-2582 for more information.

## Youth Employment Training Program Ages 16-21

The Youth Employment Training Program provides hands-on paid employment opportunities within various City departments to youth between the ages of 16-21. Employment is supplemented with a variety of workshops covering all the basic areas required to enter the job market, including developing personal work-related habits, resume writing, job-interview skills development and job retention, to name a few. For more information, call 897-2582.

## Volunteer Youth Opportunities

Become a volunteer in your neighborhood at one of our two neighborhood centers. Volunteering offers a great opportunity for teens to develop new skills and establish a strong network of peers and other community professionals, and at the same time support your neighborhood. Each neighborhood center has a variety of ongoing projects and programs needing your help. Your volunteerism will go a long way in improving the quality of life in our neighborhoods! Contact 897-2582 for additional information.



*The Culinary Arts Program is hugely popular with high school youth wanting a career in cooking and catering. Photo by Anita Ho.*

# TEEN ACTIVITIES

## TWELVE35 TEEN CENTER



The Santa Barbara Police Activities League (PAL) partners with Santa Barbara Parks & Recreation to provide programming and operations of the Twelve35 Teen Center.

Twelve35 serves junior through high school-age youth. For more information, call 882-1235 or go to [www.sbpal.org](http://www.sbpal.org).

### Twelve35 Teen Center

The Twelve35 Teen Center offers structured classes in various fields such as the arts, dance, technology and personal enrichment. The Teen Center is centrally located in downtown Santa Barbara (1235 Chapala Street) and operates after school (M-F, 2:30-6:30p.m.).

The Center works to provide a safe and encouraging environment in which students can grow, learn and thrive. The Center is fully equipped with a computer lab, dance studio, music studio, video-game room, air hockey and pool tables. Healthy snacks are offered daily and free tutoring is available on-site in conjunction with CAL-SOAP.

To find up-to-date schedules, please visit the Twelve35 Teen Center or [www.sbpal.org](http://www.sbpal.org) or please call 882-1235.

### Youth Leadership Council

The Youth Leadership Council (YLC) consists of students with a passion to explore, discuss, brainstorm and solve problems affecting both their PAL and their community. YLC members run their own City Council-style meetings every Friday to discuss various projects and volunteer opportunities. Information: 962-5560.

### Recording Studio

Conveniently located in the Teen Center, the Twelve35 recording studio offers teens the opportunity to explore and expand their musical horizons in an awesome hands-on way. With the assistance of an on-site staff member, teens can create their own unique sound, lyrics, music and melodies. If it's a hit, the tune can be recorded on the spot!

Hours: Tue and Thu 4-6p.m.; other times may be available upon request via the sign-up sheet located at the Center.

### Rent this Cool Facility

Looking for a great place to host your next family gathering, birthday party, dance, meeting or fundraiser? Twelve35 offers the convenience and desirability of a downtown location with the aesthetic charm of Santa Barbara. With a capacity of 47 people, the Center is available for rentals after 7:30p.m. on weekdays, Saturdays, Sundays and most holidays. For more information or to rent the Center, please call 882-1235.



*Spring Break Camp group at the Teen Center*

*Youth Leadership Council members, top left to right, Doreida Jimenez, Itzell Herrera, Maria Frias, Brandon Salgado, Martin Gomez, Fidel Frias, Alex Diaz, Janet Cabrera, Stephanie Vega, Emily Beasley; bottom left to right, Xochitl Lopez, Suzzette Tellez, Gina Fernandez, Ruth Fuentes*



# ADULT SPORTS, DANCE, ARTS

Sports Leagues

Volleyball & Aquatics

Dance & Fitness

New Adult Programs

Tennis

Adapted Programs

Active Adults

*Sports Leagues are a fun way to get together with friends for some great competition at any of our athletic fields*



*Swing your partner in our Country Dancing classes at the Carrillo Recreation Center*

[www.sbparksandrecreation.com](http://www.sbparksandrecreation.com)

# ADULT SPORTS LEAGUES

Team fees cover referee, gym and field costs. Teams supply their own team jerseys. Numbers required on front or back of jersey. League rules are available on request. To register an adult league team or as an individual, visit the Sports Office at the Cabrillo Bathhouse (beach level) located at 1118 E. Cabrillo Blvd. For more information, go to <http://teamsideline.com/santabarbara> or call the Sports Office at 564-5422.

## Indoor Volleyball Leagues:

### Coed & Women's

Coed and women's volleyball league play at SBCC. Enjoy good competition or just play for fun. Seven-week season plus season-ending, single-elimination tournament.

**When:** Fall League: Oct-Dec, Monday nights, from 7-10p.m.

**Registration Deadline:** Friday, September 13, 2013. Register your team or sign up as an individual to be placed on a team at 1118 E. Cabrillo Blvd, weekdays from 8a.m.-5p.m. Divisions: Coed A, B, or Women's Open.

**Team fee:** \$310

**Individual fee:** \$52

**Code:** Fall League #18192

Winter League #18193

## Indoor Basketball Leagues: Men's Divisions & NEW! Women's Division

Enjoy good competition or just play for fun and exercise in Men's A, B & C divisions or Women's open division. Games played at SBCC or Santa Barbara High School. Good referees; 7-week season plus season-ending, single-elimination tournament.

**When:** September-December, from 7-10p.m. Monday nights: A Division; Tuesday nights: B Division; Thursday nights: C Division. Women's division games played Tuesday or Thursday nights.

**Registration Deadline:** Friday, September 13, 2013. Register your team or sign up as an individual to be placed on a team of individuals at 1118 E. Cabrillo Blvd, weekdays from 8a.m.-5p.m.

**Team fee:** \$500

**Individual fee:** \$73

**Code:** Fall League #18194

Winter League #18195

## Soccer Coed 6 v 6

### Spring & Summer Leagues

Coed soccer league is played on a short field with small goals and no goalies. A very fast paced game with lots of touches for everyone. This league will keep your skills sharp while keeping you in soccer shape! Seven regular season games before all teams are seeded for a single-elimination playoff!

**When:** Friday nights under the lights at City College's La Playa Field

- Spring League: Feb-Apr (register team in Jan 2014)
- Summer League: Jun-Aug (register team in May 2014)

**Team Fee:** \$400 per team

**Individual Fee:** \$65

## NEW! Flag Football

Put your team together this summer and sign up by Sep 6, 2013 for the NEW Fall Flag Football League. Seven regular season games and season-ending, single-elimination playoff! Team fee covers referee fees. Teams supply their own team jerseys and flags.

**When:** Friday nights under the lights at City College's La Playa Field or Pershing Park.

**Registration Deadline:** Sep 6

**Team fee:** \$350 per team

**Individual Fee:** \$50

**Code:** Fall League #18259

## Fall & Winter Softball Leagues 2013-14

Major League Softball (MLS) offers levels of play for everyone! Play with the same gender or join coed forces for great competition.

Fall season begins September 2013 (10-game schedule plus playoffs).

Winter season begins January 2014 (8-game schedule plus playoffs).

League play is available Monday-Thursday.

### Online Team Registration:

All teams may register online at [www.mlsoftball.com](http://www.mlsoftball.com). Simply select "Programs, Santa Barbara, Registration" to register your team on the day or evening of your choice. Don't have internet access? Call (800) 913-7889, ext. 3 for over-the-phone assistance.





# ADULT VOLLEYBALL & AQUATICS

## Adult Lap Swim at Los Baños

Stay fit swimming year-round in our heated outdoor 50-meter pool. Lanes designated by swimming ability and speed. Weight room use included during paid admittance to pool during swim hours. Monthly locker rental available to store your gear.

**When:** Through Aug 25: Mon-Fri 7-8a.m.; 12-2p.m.; 7:15-8:15p.m. Sat and Sun. 12-2p.m.  
Starting Aug 26: M-F 7:30-9a.m.; 12-2p.m.; 7:15-8:15p.m. Sat and Sun. 12-2p.m.

**Note:** Evening lap swim will not be offered from Nov 4, 2013-Mar 28, 2014

**To register:** Walk in at Los Baños Pool, 401 Shoreline Dr.

**Information:** 966-6110 or

[www.sbparksandrecreation.com](http://www.sbparksandrecreation.com)

## Adult Lap Swim Fees (as of September 1, 2013)

Daily visit	\$6/\$5
10-Visit Adult Punchcard	\$41/\$37
10-Visit Sr. Punchcard (60+)	\$31/\$28
Unlimited Adult Monthly Pass	\$61/\$55
Unlimited Sr. Monthly Pass	\$41/\$38
Locker rental 2 ft.	\$11/\$10
Locker rental 3 ft.	\$13/\$12

## Masters Coached Swimming

*Operated by Santa Barbara Swim Club*

Coached workouts mornings and evenings. **When:** Through Aug 24: Mon-Fri, 5:45-7a.m. and 5:45-7p.m.; Sat 10:30-11:45a.m.

Starting Aug 26: Mon-Fri 6-7:30a.m. and 5:45-7p.m.; Sat 10:30-11:45a.m.

**To register:** Contact the Santa Barbara Swim Club at 966-9756

**Information:** 966-9757 or [www.sbswim.net](http://www.sbswim.net)

## Beach Volleyball: Ages 16+

Hit the sands of East Beach with instructor Brant Lee, locally-acclaimed athlete, professional and S.B. Masters Champion. Meet new people and make friendships in a healthy outdoor environment while learning correct ball handling, passing, setting and hitting.

**When:** Mon and Wed evenings, 6-8p.m.

**Where:** East Beach Volleyball Courts

**Fee:** \$77/\$70

**Information:** 897-2680

**Codes:** 8/5-8/28 #17703; 9/4-9/30 #17704

*Ace your spike and meet new people when you play volleyball at East Beach Volleyball Courts*



# ADULT DANCE

Many of our dance instructors have more than ten years of experience teaching at our facilities so you're sure to get the most out of each class. Beginning level lessons are offered in each type of dance style—you can build your dance foundation and end up as a pro. Sign up for a full 6-week session or just drop in for a one-shot twirl at the newly-renovated, downtown Carrillo Recreation Center, 100 E. Carrillo Street. No partner required...but you may find one on the dance floor. Register online, by mail or fax (pages 49-50) or in person at the first class (space permitting). Information: 897-2519.

## Zumba with Josette

More choices than ever before for this hot, Latin-inspired dance class! Classes feature exotic rhythms set to high-energy Latin and international beats. Before you know it, you're getting fit and your energy level is soaring! There's no other fitness class like it! It's easy to do, effective and totally exhilarating. This fun dance program includes Merengue, Salsa, Cha Cha, Cumbia, Belly Dance, Flamenco, Tango, Reggae, Country and Rock & Roll. Once the basic rhythms are learned, we mix and match the moves to all our favorite music.

**When:** Mon-Fri 5:30-6:30p.m.

Sat 11:15a.m.-12:15p.m.

**Where:** Carrillo Recreation Center

**Fee:** \$67 for a 12-session punch card individual classes for \$15 each.

**Information:** Love2Zumba@hotmail.com, 220-8264 or 897-2519

## Salsa for Beginners

Beginning Salsa is for absolutely everyone! This class is designed to help you learn this quick and exciting dance at a slow, comfortable pace in a pressure-free setting. So come make friends, have fun, and learn to dance Salsa! No partner required.

**Instructor:** Lovie Hernandez

**When:** Thu, 7-8p.m.

**Where:** Carrillo Recreation Center

**Fee:** Drop-in fee \$15

**Information:** 889-5191 or sbsalsafestival@gmail.com

18261 9/26-10/24 \$62/\$56  
(skips 10/31)

18262 11/7-12/12 \$62/\$56  
(skips 11/28)

18263 1/9-2/13 \$74/\$67

18264 2/20-3/27 \$74/\$67

## Intermediate Salsa

This class is designed for anyone with some partner-dancing experience—Ballroom, Salsa, Tango, Country or otherwise. Fun step patterns are introduced that are easy to lead and follow. Extra focus is spent on skills which allow you to dance well in Salsa clubs and social gatherings. No partner is required.

**Instructor:** Lovie Hernandez

**When:** Thu, 8-9p.m.

**Where:** Carrillo Recreation Center

**Fee:** Drop-in fee \$15

**Information:** 889-5191 or sbsalsafestival@gmail.com

18265 9/26-10/31 \$62/\$56  
(skips 10/31)

18266 11/7-12/12 \$62/\$56  
(skips 11/2)

18267 1/9-2/13 \$74/\$67

18268 2/20-3/27 \$74/\$67



Photos by Diane Lundgren



# ADULT DANCE

## Ballroom Dance with Nigel Clarke

Sway to the foxtrot, glide to the waltz or be cool with the quickstep with our ballroom instructor Nigel Clarke. He is a professional from England and winner of the British Championships in 1987 and was U.S. Ballroom Champion in 1992. Nigel now lives in Santa Barbara where he trains and dances with many of America's top amateur dancers in pro-am competitions. All the classes below are suitable for intermediate students. No partner necessary. Call Nigel at 637-0966 for questions about lesson content or to ask about private instruction.

**When:** Mon (see below)

**Where:** Carrillo Recreation Center

**Fee:** Drop-in fee \$15

**Information:** 897-2519 or 637-0966

### Intermediate/Advanced

**Mon, 6:35-7:35p.m.**

18269 9/23-10/28 \$74/\$67

*Foxtrot*

18270 11/4-2/9 \$74/\$67

*Quickstep*



Ballroom Dancing at the Carrillo Recreation Center  
Photo by Art Suwansang

18271 1/6-2/10 \$74/\$67

*Waltz*

18272 2/24-3/24 \$62/\$56\*

*Tango*

\* 5 week class

### Beginning/Intermediate

**Mon, 7:35-8:35p.m.**

18273 9/23-10/28 \$74/\$67

*Quickstep*

18274 11/4-12/9 \$74/\$67

*Waltz*

18275 1/6-2/10 \$74/\$67

*Tango*

18276 2/24-3/24 \$62/\$56\*

*Foxtrot*

\* 5 week class

### Ballroom Tea Dance in the Carrillo Ballroom!

*Go back in time, relive another era and dance to big band sounds.*

**Free!**

*First Sunday of the month, 2-5p.m.*

*Ballroom, American Smooth,  
International Standard,  
Rhythm, and Latin.*

*Partners suggested; singles  
welcome!*

### 2013-14 Schedule

September 2

October 7

November 4

December 2

January 8

February 5

Mar 4

**Information:** 897-2519

## Argentine Tango

Sensual movement is the hallmark of authentic Argentine Tango. Develop basic techniques that allow you to graduate to exciting free improvisation.

**Instructor:** Brian Griffin

**Where:** Carrillo Recreation Center

**When:** See below

**Information:** 687-2113 or 897-2519

**Fee:** Drop-in fee \$15

### Level 1: Wednesday 6-7p.m.

18277 9/25-10/30 \$74/\$67

18278 11/6-12/11 \$74/\$67

18279 1/8-2/12 \$74/\$67

18280 2/19-3/26 \$74/\$67

### Level 2: Wednesday 7-8p.m.

18281 9/25-10/30 \$74/\$67

18282 11/6-12/11 \$74/\$67

18283 1/8-2/12 \$74/\$67

18284 2/19-3/26 \$74/\$67

### Level 3: Wednesday 8-9p.m.

18285 9/25-10/30 \$74/\$67

18286 11/6-12/11 \$74/\$67

18287 1/8-2/12 \$74/\$67

18288 2/19-3/26 \$74/\$67



Spice up your life at the Carrillo Recreation Center  
Photo by Art Suwansang

# ADULT DANCE

## Country Line Dance

Want to get some exercise while having lots of fun learning the most popular line dances? Then this class is for you. It is also the most reasonably priced dance class currently being offered! Marilyn Romeo teaches beginning to intermediate level dances including *Cowgirl Twist*, *Outlaw*, *Wildflower Rock*, *Trailerhood*, *Black Velvet* and many more. Marilyn has been teaching line dances and couples dances for more than 28 years. She has been involved in couples and solo team competition and currently is the Director of Got Country?, a competition and performance dance team.

**When:** Mon, 7-8p.m.

**Where:** Carrillo Recreation Center

**Fee:** Drop-In fee \$11

**Information:** 897-2519, 682-9962 or mromeo1@cox.net

## Country Two Step

The Two-Step is a fun, easy couples/partner dance for ALL ages. Learn basic technique and simple turns in the Beginning Class—enough to get you out on the dance floor. The Intermediate Class offers more advanced patterns for those who are ready to move beyond the basics. Tuesday could become your favorite night of the week!

**Instructor:** Bill Elmer has been a competition dancer for the past nine years, twice capturing the California Triple Crown. He has been teaching for the past seven years.

**Where:** Carrillo Recreation Center

**When:** See schedule below

**Fee:** Drop-In fee \$15

**Information:** Call 298-3418, 897-2519 or email dancnski2@roadrunner.com

**Beginning: Tue 6:30-7:30p.m.**

18289	9/23-10/28	\$50/\$45	18293	9/24-10/29	\$74/\$67
18290	11/4-2/9	\$50/\$45	18294	11/5-12/10	\$74/\$67
18291	1/6-2/10	\$50/\$45	18295	1/7-2/11	\$74/\$67
18292	2/24-3/24	\$42/\$38*	18296	2/18-3/25	\$74/\$67

\* 5 week class

**Intermediate: Tue 7:30-8:30p.m.**

18297	9/24-10/29	\$74/\$67
18298	11/5-12/10	\$74/\$67
18299	1/7-2/11	\$74/\$67
18300	2/18-3/25	\$74/\$67





# ADULT DANCE



## Hula Dance with Angelita Eller

Angelita Eller has 30 years of teaching experience and is responsible for the great Polynesian dancers you see at the Solstice Parade. Join her for an introduction to Hula/Polynesian dance and get a taste for this fun and healthy activity. Class starts with a warm-up of basic moves. Hula steps are broken down and taught with their corresponding Hawaiian word. Wear comfortable clothing that will not restrict vertical or lateral movement. No shoes. Bring yoga mat or huge beach towel and your sense of humor.

**When:** Tue and Thu, 5:30-7p.m.

**Where:** Carrillo Recreation Center

**Fee:** Drop-in fee \$15

**Information:** 897-2519

### Tue:

17096	9/18-10/23	\$74/\$67
17097	10/30-12/4	\$74/\$67
17098	1/8-2/12	\$74/\$67
17099	2/19-3/26	\$74/\$67

### Thu:

17092	9/20-10/25	\$74/\$67
17093	11/1-12/6	\$62/\$56
	(Skips 11/22)	
17094	1/10-2/14	\$74/\$67
17095	2/21-3/28	\$74/\$67

## Tahitian Dance with Angelita Eller

This high-energy, exciting class teaches you the cultural dance art of the Polynesian Islands and also gives you an incredible cardio workout with little to no impact. Dance and move to the invigorating drum beats of Tahiti. Guaranteed to strengthen and develop all your muscles from the chest down. Learn to isolate and have better muscle control. Bring your yoga mat or huge beach towel and water.

**When:** Thu, 7-8p.m.

**Where:** Carrillo Recreation Center

**Fee:** Drop-in fee \$15

**Information:** 897-2519

17100	9/20-10/25	\$74/\$67
17101	11/1-12/6	\$62/\$56
	(Skips 11/22)	
17102	1/10-2/14	\$74/\$67
17103	2/21-3/28	\$74/\$67

## Jazzercise®

Burn up to 600 calories in one fun and powerfully effective 60-minute total body workout. Every Jazzercise® group dance fitness class combines dance-based cardio with strength training and stretching to sculpt, tone and lengthen muscles for maximum fat burn.

Choreographed to today's hottest music, Jazzercise® is a fusion of jazz dance, resistance training, Pilates, yoga and kickboxing. Start dancing yourself fit and change the shape of your body today!

### When:

Mon, Wed, 5:30-6:30p.m.

Sat 8:30-9:30 a.m.

**Where:** Carrillo Recreation Center

**Fee:** \$175: unlimited 3-month pass; \$100: 15-class pass (6-month exp); \$45 monthly: unlimited classes on electronic funds transfer (EFT) with \$30 sign-up fee. \$10 Drop-in fee.

**Information:** 403-2755

# ADULT DANCE

## Ballet Classes

Classes use floor stretches, barré and centre work to develop skills such as pirouettes, jumps and leaps. Focus is on technique, individuality and the joy of dancing. Beginning classes are for those new to dance. Intermediate classes are for experienced or returning dancers.

**Instructor:** Cat Haworth

**When:** See below

**Where:** Carrillo Recreation Center

**Fee:** Drop-in fee \$15

**Information:** 966-6485 or 897-2519

### Beginning

**Mon 5:30-7p.m.**

18366	9/23-10/28	\$74/\$67
18367	11/4-12/9	\$74/\$67
18368	1/6-2/10	\$74/\$67
18369	2/24-3/24	\$62/\$56*

\*5 week class; skips 2/17

### Beginning/Intermediate

**Fri 4:30-6p.m.**

18362	9/27-11/1	\$74/\$67
18363	11/8-12/13	\$62/\$56*
18364	1/10-2/14	\$74/\$67
18365	2/21-3/28	\$74/\$67

\*5 week class; skips 11/29

### Intermediate

**Wed 5:30-7p.m.**

18370	9/25-10/30	\$74/\$67
18376	11/6-12/11	\$62/\$56*
18371	1/8-2/12	\$74/\$67
18372	2/19-3/26	\$74/\$67

\*5 week class; skips 11/27

### Intermediate/Advanced

**Sat 10:15a.m.-noon**

18373	9/28-11/2	\$74/\$67
18374	11/9-12/14	\$74/\$67
18377	1/11-2/15	\$74/\$67
18375	2/22-3/29	\$74/\$67

## Beginning Belly Dance

Learn the basic fast steps and isolations of belly dance to the rhythms of 2/4 & 4/4 for openings, finales and everything in between. Award-winning dancer and instructor Alexandra King makes it easy and fun to learn the basics and become a belly dancer! Performance opportunities for those interested in this. Need finger cymbals, which can be purchased at Folk Mote Music on Figueroa and Santa Barbara Streets.

**Instructor:** Alexandra King

**When:** Thu, 5:45-7p.m.

**Where:** Carrillo Recreation Center

**Fee:** Drop-in fee \$15

**Information:** 687-8823 or 897-2519

18400	9/26-10/24	\$55/\$50*
18401	11/7-12/12	\$55/\$50*
18402	1/9-2/13	\$66/\$60
18403	2/20-3/27	\$66/\$60

\*No class 10/31 or 11/28

## Intermediate Belly Dance

"Putting It All together"! This class takes the foundations learned at the beginning level, including veil, taksim, drum solo and balady, and puts them into the framework of the Cabaret. The focus will be on intermediate technique, combinations, choreography and improvisation.

**Instructor:** Alexandra King

**When:** Thu, 7-8:30p.m.

**Where:** Carrillo Recreation Center

**Fee:** Drop-in fee \$15

18404	9/26-10/24	\$66/\$60*
18405	11/7-12/12	\$55/\$50*
18406	1/9-2/13	\$66/\$60
18407	2/21-3/27	\$66/\$60

\*No class 10/31 or 11/28



# ADULT DANCE



**GROUP LESSONS** for all levels are offered at the Carrillo Recreation Center on Tuesday and Wednesday evenings. Partners not required, and all ages are welcome. To sign up, please arrive at least 10 minutes before class. Beginning students enrolled for the session can attend both Tuesday and Wednesday beginning classes at no additional charge! A new session begins every 6 weeks. See website for special workshops.

**START DATES:** New sessions begin Aug 20-21 (5 weeks); Oct 1-2 (5 weeks); Nov 5-6 (5 weeks); Jan 7-8 (6 weeks). Schedule subject to change; See website or call for more information.

## **Tuesdays:**

Beginning Swing 6:35p.m.

Advanced Swing/Lindy 7:30p.m.

Intermediate Swing/Lindy 8:30p.m.

## **Wednesdays:**

Balboa 6:35p.m.

Beginning Swing 7:30p.m.

Weeknight Swing 8:30p.m.

Weeknight Swing is a free practice session open to general public with DJ music. All ages welcome.

**FEE:** \$65 6 weeks/\$60 5 weeks/\$15 single class

## **Information**

**Call 569-2933 or visit**  
**[www.sylviasykes.com](http://www.sylviasykes.com)**



Enjoy some of the best dances in town at the Carrillo Ballroom with its spring-loaded floor.

## **1st & 3rd Friday Night Dances**

The night starts with a beginning lesson from 7:30-8:15 with the dance running 8:30-midnight. Music provided by variety of live guest bands and DJs.

All ages and singles welcome.

\$15; \$12 students with photo ID.

Special events may be priced differently.



## **Information**

**Call 569-1952 or visit**  
**[www.DanceSantaBarbara.com](http://www.DanceSantaBarbara.com)**  
**Please check the website for the 2013-14 dance schedule**



## **Santa Barbara Contra Dances**

are held nearly every Sunday night in the Carrillo Ballroom. Contra Dance is energetic, social and easy. If you can walk, you can contra dance. The dance is organized in sets consisting of 2 long lines of people, with you and your partner progressing up and down the set and dancing with everyone in the line. A live caller guides everyone through simple choreography—sort of a cross between the English Country dance often seen in Jane Austen movies and square dancing. The music is always live—typically Celtic-based string bands playing jigs and reels, though there are many variants.

All ages and levels of dance experience are welcome, and you don't need to bring a partner. Lessons for beginners start every Sunday night at 6p.m. right before the 6:30-9:30p.m. dance.

Contra dancing is very popular with young adults back East, and our dances have recently begun attracting a younger crowd as well. Come prepared to smile all evening long.

**Fee:** \$10/\$8 for SBCDS members; \$5 students; kids under 12 free (except for special dances).

## **Information**

**Call 682-5523 or visit**  
**[www.sbcds.org](http://www.sbcds.org)**

# ADULT FITNESS/ARTS

## New! Qigong/Tai Chi Easy

Warm up with Qigong exercises that quiet the mind, stretch the body and improve circulation. These ancient Chinese exercises will improve your breathing and give you a renewed sense of hope and peace. Tai Chi Easy reduces stress and is great for bringing balance into your body, emotions and your life. Exercises may be done seated or standing.

**Instructor:** Jessica Kolbe is a Level 3 Qigong and Tai Chi instructor and is a senior teacher trainer for the Institute of Qigong and Tai Chi.

**When:** Mon 3-4p.m.

**Where:** Carrillo Recreation Center

**Fee:** Drop-in fee \$12 or fitness pass

**Information:** Jessica@QiGongSB.com; 705-3426

## Tai Chi

Cultivate balance, inner strength and quiet your mind as we practice short forms of Tai Chi. Stress-reducing slow movements lower the heart rate, deepen the breath and improve balance. The class includes warm-up exercises that stretch the body and improve circulation, mindful movements and a guided meditation. All exercises can be practiced seated or standing.

**Instructor:** Jessica Kolbe

**When:** Wed, 10-11:15a.m.

**Where:** Carrillo Recreation Center

**Fee:** Drop-in fee \$12 or fitness pass

**Information:** Jessica@QiGongSB.com; 705-3426

## Qigong

Qigong is an ancient Chinese form of exercise developed for optimal health, longevity and vitality. Easy exercises stretch and tone the body. Intentional movement with breathwork calms the mind and improves balance and our sense of well being. Guided meditations give us peace of mind and reduce stress. Every class has 4 components: breathwork, self-applied massage to stimulate acupressure points, mindful movement and guided meditation. Classes may be done seated or standing.

**Instructor:** Jessica Kolbe

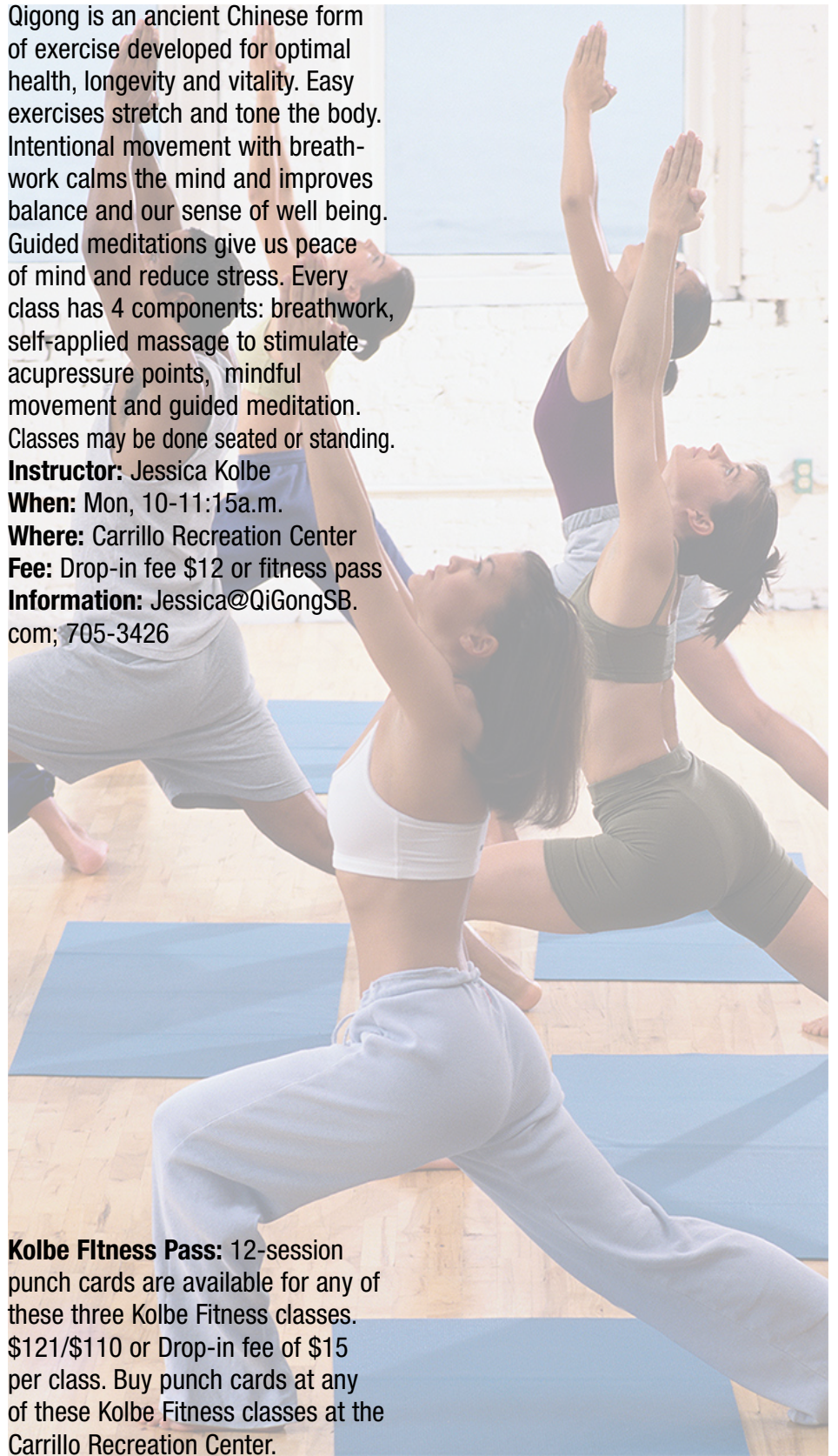
**When:** Mon, 10-11:15a.m.

**Where:** Carrillo Recreation Center

**Fee:** Drop-in fee \$12 or fitness pass

**Information:** Jessica@QiGongSB.com; 705-3426

**Kolbe Fitness Pass:** 12-session punch cards are available for any of these three Kolbe Fitness classes. \$121/\$110 or Drop-in fee of \$15 per class. Buy punch cards at any of these Kolbe Fitness classes at the Carrillo Recreation Center.





# ADULT FITNESS/ARTS

## Tai Chi with Toni

An ancient Chinese physical exercise that can burn calories, dump stress and boost immune function, Tai Chi is considered a perfect, low-stress exercise suitable for all ages.

**Instructor:** Toni DeMoulin

**When:** Wed, Sun

9:30-11:30a.m. (except during festivals)

**Where:** Classes through December at the Carrillo Recreation Center; classes begining Jan 2014 at Oak Park Stage, Oak Park, 300 W. Alamar

**Fee:** \$55/\$50: Sep; \$66/\$60: Oct; \$33/\$30: Nov; \$44/\$40: Dec; \$77/\$70: Jan-Mar 2014.  
\$20/class

**Info:** 617-5396; [www.TaiChiToni.com](http://www.TaiChiToni.com)

18390 Sep      18395 Oct

## Core Strength & Flexibility

This unique class blends core-building exercises with flexibility techniques including stretching and self-massage utilizing your own body weight. Strengthening and balance stabilizing exercises engage the abdominal muscles through the use of foam rollers. Learn how to use your core muscles to protect your back and improve posture. Other benefits include stress-relief, improved sleep, reduced back and joint stiffness, improved balance, and injury prevention—all the things you need for a long and healthy life!

**Instructor:** Brenda Mueck is a Certified Athletic Trainer. Brenda's motto is **Abs**, **Balance**, & **Core** which are the **ABCs** of physical fitness.

**When:** Wed 6:45-8:15p.m.

**Where:** Carrillo Recreation Center

**Fee:** Drop-in fee \$15

**Information:** 897-2519; 682-1913; [Brenda\\_Mueck@yahoo.com](mailto:Brenda_Mueck@yahoo.com)

18378 9/25-10/30      \$66/\$60

18379 11/6-12/11      \$66/\$60

## Martial Arts with Chris Millner

Improve your balance, strength, flexibility and coordination. Kung Fu workouts and traditional "forms" strengthen the mind/body connection through conscious movement. Self-defense techniques are practiced. Instruction is multi-leveled to accommodate each student's abilities.

**When:** Tue and/or Thu, 7-8:30p.m.

**Where:** Carrillo Recreation Center

**Fees:** Drop-in fee \$15

**Information:** 897-2519

### Tue:

18382 9/24-10/29      \$66/\$60

18383 11/5-12/10      \$66/\$60

18384 1/7-2/11      \$66/\$60

18385 2/18-3/25      \$66/\$60

### Thu:

18386 9/26-10/24      \$55/\$50 (5-week class)

18387 11/12-12/7      \$55/\$50 (Skips 11/28)

18388 1/9-2/13      \$66/\$60

18389 2/20-3/27      \$66/\$60

## NEW! Jewelry Making with Laura Gasparrini

Learn essential techniques for making beaded jewelry, including crimping, stringing, knotting, wirework, chains, leather, cotton and silk cord and more! Topics include working with color, creating handmade clasps and components, combining techniques, sources for beads, and design and marketing ideas. Courses are designed for beginning and intermediate students.

**When:** Tue, 9:30a.m. - 12:30p.m.

**Where:** Carrillo Recreation Center

**Fee:** Drop-in fee \$20

**Information:** 895-7103 or 897-2519

18408 Stringing and Crimping Techniques

9/24-10/29      \$124/\$115

18409 Wirework Techniques

11/5-12/10      \$124/\$115

18410 Knotting, Alternative Materials and Mixed Media

1/7-2/11      \$124/\$115

18411 Stringing and Crimping Techniques

2/18-3/25      \$124/\$115

# ACTIVE ADULTS

We offer a wide range of fitness, dance, sports, cultural and social activities for adults. The Active Adults & Classes office, located at the Carrillo Recreation Center, will help you find programs to energize your spirit and expand your horizons (see Activity Schedule below). Call us at 897-2519 or stop by our office at 100 E. Carrillo Street.

ACTIVITY	DAY	TIME	LOCATION	FEE
<b>ARTS &amp; CRAFTS</b>				
Knit and Crochet	Wed	9:30a.m.-Noon	Davis Center	Free
<b>FITNESS, DANCE &amp; SPORTS</b>				
Ballroom Tea Dance (recorded music)	1st Sun	2-5p.m.	Carrillo Ballroom	Free
Lawn Bowling, MacKenzie Park Club	M, W, F, Sat	10a.m.-4p.m.	MacKenzie Park	Phone 563-2143
Lawn Bowling, Santa Barbara Club	Tu, Th, Sat, Sun	10a.m.-4p.m.	Santa Barbara Lawn Bowls	Phone 965-1773
Stretch & Tone	Tu, Th, Sat	10-11a.m.	Carrillo Ballroom	\$23/\$21* for rest of 2013
Swing Dance, with Jonathan & Sylvia	1st & 3rd Fri	8:30p.m.-Midnight	Carrillo Ballroom	Phone 569-1952
Table Tennis	M, W, F	9:30a.m.-Noon	Carrillo St. Gym	\$1 day
Yoga with Carolyn	Mon	10-11a.m.	Davis Center	Free
*Discounts apply to city residents				
<b>GAMES</b>				
Bridge, Duplicate	Tue	1-4p.m.	Davis Center	Free
Bridge, Duplicate	Fri	1-4p.m.	Davis Center	Free
Bridge, Party Pairs	Thu	1-4p.m.	Davis Center	Free
Chess Group	Thu	1-5p.m.	Davis Center	Free
Scrabble & Board Games	Mon	1-4p.m.	Davis Center	Free
<b>LANGUAGES</b>				
Italian Study Group-Intermediate	Fri	1:30-3p.m.	Davis Center	Free
French Study Group-Intermediate	Fri	3-4p.m.	Davis Center	Free
<b>MEETINGS &amp; ASSISTANCE GROUPS</b>				
AARP Chapter 72 Public Meetings	1st Mon	1:30-3p.m.	Davis Center	Free
Health Insurance Counseling & Advocacy	Varies	Varies	Westside Center	Phone 928-5663
Homeowners/Renters Assistance	Appointments available July 15 to October 15—call for appointment			Phone 897-2547
Legal Aid "Project Outreach"	Thu	4-5p.m.	Westside Center	Free
Legal Aid "Project Outreach"	Tue	4-5p.m.	Franklin Center	Free
<b>FOOD &amp; NUTRITION</b>				
Brown Bag Program (Seniors)	(967-5741x102 for info/to apply)		Westside & Franklin Community Ctrs	Free (if qualified)
Farmers Market (Families & Individuals)	Mon	1-1:30p.m.	Davis Center	Free
Farmers Market "	Mon	11:30a.m.-12:30p.m.	Westside Center	Free
Farmers Market "	Thu	11a.m.-Noon	Franklin Center	Free
Mobile Food Pantry "	3rd Tue	3-4p.m.	Franklin Center	Free
Senior Nutrition Program "	Weekdays	Noon-1p.m.	Westside Center	Free—Reserve @ 683-4458

Carrillo Recreation Center & Carrillo St. Gym: 100 E Carrillo St. • Davis Center: 1232 De La Vina St • MacKenzie Lawn Bowls: Las Positas & McCaw Ave.  
 Santa Barbara Lawn Bowls: 1216 De la Vina St. • Westside Neighborhood Center: 423 W. Victoria St. • Franklin Neighborhood Center: 1136 E. Montecito St.



# ADULT TENNIS

## Year Round Group Tennis Classes

Our mission is offer quality programs for everyone in well-maintained facilities and at reasonable rates. Program levels range from beginning to the intermediate player and include lessons, clinics, leagues, drop-in tennis and tournaments. Our experienced USPTA/PTR certified teaching professionals are dedicated to enriching your tennis experience and are committed to the highest level of excellence possible. For youth and adult class schedules and registration information, see page 34.

**Information:** 564-5573

## To Register:

The classes on page 34 are organized by age group and ability. Register online or fill out the *Activity Registration Form* on pages 49-50. Mail or bring it to the Cabrillo Pavilion Bathhouse at 1118 E. Cabrillo Blvd.



## Year-Round Tennis Classes ages 18+

Instruction levels range from beginning classes that focus on basic eye/hand coordination and stroke production to drills that improve footwork for consistency and stamina. All classes are taught by experienced USPTA-certified instructors.

**Class size:** Four to six students

**Where:** Municipal Tennis Courts

**Fee:** \$68/\$62 per 4-week session

## Wheelchair Tennis

Wheelchair tennis is one of the fastest growing and most challenging of all wheelchair sports. Mon, 2:30p.m. at Municipal Tennis Courts. See Adapted Programs on page 35 for complete information.

## Tennis e-Newsletter

Be better informed with all of our tennis activities by receiving our tennis e-newsletter. Contact Cathy Carpenter at [CaCarpenter@SantaBarbaraCa.gov](mailto:CaCarpenter@SantaBarbaraCa.gov)

## Doubles Drop-In Tennis

Fun social doubles in a round-robin format. Mondays and Fridays at Pershing Park, 6p.m. Contact Vaughn at 969-9655. No partner or pre-registration required.

Men, women, mixed, all levels. Contact the area coordinator at 680-3870 or [cas@iae.com](mailto:cas@iae.com). All levels.

Tennis information: contact Cathy Carpenter, Tennis Services Coordinator, at 564-5573 or [cacarpenter@santabarbaraca.gov](mailto:cacarpenter@santabarbaraca.gov)

## Year Round USTA Leagues

### City Tennis Tournaments

All tournaments sanctioned by USTA are awarded Grand Prix points. Held at Municipal Tennis Center.

- City Championships: Oct 12-13
- Leslie Allen February 22-23, 2014
- 22nd Annual John Heinzman: May 3-4
- 77th Annual Open: Jun 28-29, July 5

Entries are available online at [tennislink.usta.com/tournaments/schedule](http://tennislink.usta.com/tournaments/schedule). For more information, call 680-3870 or 564-5573.



## Private and Custom Group Lessons

Design your own class! You set the time and place for individual instruction or organize friends for your own group lesson taught by one of our USPTA/PTR certified instructors.

**Information:** Call 564-5573 or contact any of our tennis professionals listed here:

- Brad Dilbeck  
[bdilbeck@cox.net](mailto:bdilbeck@cox.net)
- Nancy Wheeler 722-8484  
[wheeler929@yahoo.com](mailto:wheeler929@yahoo.com)
- Frank Mannix  
[FMannix@verizon.net](mailto:FMannix@verizon.net)
- Peter Moreno 564-0300

# TENNIS SCHEDULE

**Location:** All lessons are at the Municipal Tennis Center, 1414 Park Place    **Information:** 564-5573

**Tennis Permits:** The best deal in town! The City has 22 well-maintained tennis courts located at three facilities open for public use. Players can purchase either daily or annual permits good for play at Pershing Park and Municipal Tennis facilities. Buy your daily permits at the courts from City Tennis monitors. Annual permits can be purchased at the Cabrillo Pavilion Bathhouse, 1118 E. Cabrillo Blvd. Youth under 18 play for free.

**Daily Permit:** \$8 a day; **Annual Permit:** Adults \$143/\$129 with RDC; Seniors (60+) \$129/\$116

with RDC. **Note:** Permits are valid from July 1, 2013-Jun 30, 2014. A 6-month permit valid from Jan.1-Jun 30, 2014 will be available for sale at a 40% discount in December 2013.

## Tennis Facilities:

**Municipal Tennis Center, 1414 Park Place:** Twelve hard courts include an enclosed wood stadium court and three lighted courts. Open daily from dawn till dusk. Lighted play on 3 courts until 9p.m. Monday-Friday. Main tournament site.

**Pershing Park Tennis Courts, 100 Castillo Street:** Eight hard courts are available for public play after 5p.m. weekdays, all day weekends and on Santa Barbara City College holidays. Eight lighted courts until 9p.m. Monday-Friday depending on weather conditions. Shared facility with Santa Barbara City College.

**Oak Park, 600 W. Junipero Street:** Two hard courts. Open dawn till dusk.

**The Fine Print:** Sessions are four weeks long with a one-week break between sessions to make up classes cancelled due to holidays, weather or instructor absence. There are no make-ups for missed classes. Classes that do not meet the minimum registration will be cancelled and students either placed in another class or fully refunded.



## Fall 2013 & Winter 2014 Tennis Class



Group	Level	Day	Time	Instructor	Fee	9/9-10/4 CODE #	10/14-11/8 CODE #	11/18-12/13 CODE #	1/6-1/31/14 CODE #	2/10-3/7 CODE #	
PEE WEE 4-6		Mon	3:15-4pm	Wheeler	\$51/56	18093	18094	18095	18096	18097	
		Mon	4-4:45pm	Wheeler	\$51/56	18098	18099	18100	18101	18102	
YOUTH	7-10	Beg	Tue	4-4:50pm	Wheeler	\$51/56	18104	18105	18106	18107	18108
		Beg	Tue	4:15-5:05pm	Mannix	\$51/56	18109	18110	18111	18112	18113
	10-14	Beg	Tue	5:10-6pm	Mannix	\$51/56	18114	18115	18116	18117	18118
		Beg	Thu	4-4:50pm	Wheeler	\$51/56	18119	18120	18121	18122	18123
		Int	Wed	4:15-5:45pm	Mannix	\$51/56	18124	18125	18126	18127	18128
		Adv	Sat	9-10:30am	Mannix	\$86/77	18129	18130	18131	18132	18133
ADULTS	18+	Beg	Wed	6-7:15pm	Mannix	\$62/68	18134	18135	18136	18137	18138
		Beg	Thu	5:30-6:45pm	Wheeler	\$62/68	18139	18140	18141	18142	18143
		Beg/Int	Tue	9-10:15am	Dilbeck	\$62/68	18144	18145	18146	18147	18148
		Int	Mon	10-11:15am	Dilbeck	\$62/68	18149	18150	18151	18152	18153
		Int	Tue	5:30-6:45pm	Wheeler	\$62/68	18154	18155	18156	18157	18158
		Int	Tue	6-7:15pm	Mannix	\$62/68	18159	18160	18161	18162	18163
		Int	Thu	9-10:15am	Dilbeck	\$62/68	18164	18165	18166	18167	18168
Wheelchair		Mon	2-3:15pm	Wheeler	\$62/68	18169	18170	18171	18172	18173	



# ADAPTED PROGRAMS

The Parks and Recreation Department is committed to providing safe, enjoyable, inclusive, recreational opportunities for all including individuals with special needs. The Adapted Recreation Program provides both specialized and inclusive sports and recreation activities for children and adults of all ages and abilities. Participants are able to travel, play, compete, stay active and make friends in a safe, supportive environment staffed by caring professionals. Refer to page 48 for Accessibility & Inclusion policy. For more information or to register for activities, call 564-5421.

## Dances

Dances are held at the Westside Neighborhood Center, 423 Victoria Street. Admission: \$6 per person.

- **The Halloween Dance** is the time to show off your creativity. Buy, build, sew, glue or otherwise make a costume to impress your friends. Many prizes are awarded to best of every category.



**When:** Fri, Oct 25, 7-9p.m.

- **The Valentine's Day Dance** gives you a chance to bring a sweetheart or find a sweetheart at the dance. Fun, music and food!



**When:** Fri, Feb 14, 7-9p.m.

## Thanksgiving Luncheon



Why not have two Thanksgiving Days? Celebrate, eat and give thanks the day before Thanksgiving with your pals. This popular event has been offered to participants of

Adapted Programs for 30 years. This might be the most popular event for the volunteers who enjoy serving the participants in a stylish and festive setting.

**When:** Wed, November 27, 11:30a.m.

**Where:** Carrillo Recreation Center, 100 E. Carrillo Street

**Fee:** This is a free event, but RSVP is required by calling

## Adapted Bowling



Adapted bowling provides an opportunity for children and adults to socialize and get physical exercise through a fun experience. Competition is not the emphasis; it's the

social interaction that makes this program a winner! Come join us, whether or not you are a new or experienced bowler!

**When:** Sat, Aug 24, Sep 14, Oct 19, Nov 16;  
10:45a.m.-1:30p.m.

**Where:** Zodo's Bowling and Beyond, 5925 Calle Real, Goleta

**Fee:** \$15 includes bowling, shoes and lunch

## Shake, Rattle & Roll Dance

Shake, Rattle & Roll is an adapted dance program tailored to individuals of all abilities who love to dance, socialize and meet new people!

**Instructors:** Casey Hebebrand and Yuri Takabatake who lead fun and funky-themed classes that will really knock your socks off.

**When:** Thu, 10/10-2/6; 4:30-5:30p.m.

**Where:** Carrillo Recreation Center, 100 E. Carrillo Street

**Fee:** \$40 (13 classes); Drop-in fee: \$4

## Afterschool Program Inclusion

During the school year we offer opportunities for children with disabilities to participate in our inclusive Recreation Afterschool Program for children in grades 1- 6 who attend Adams, Monroe, Roosevelt and Washington elementary schools. Contact the Inclusion Coordinator, Julie Thomas, at 564-5421 for more information. More RAP information on page 10.

## Inclusion Recreation Leaders Needed

Staff is needed to support children with special needs enrolled in the Parks & Recreation Programs. One year experience preferred; training provided. Staff assists participants with activities that could include trips to local beaches, swimming in pools, arts, crafts, sports, storytelling, hiking, nature study, skateboarding and other activities. Interested? Please call 805-564-5421.



# FACILITY RENTALS

Wedding Sites  
Indoor Event Sites  
Outdoor Picnic & Party Sites  
Carrillo Ballroom  
Athletic Fields



We had our wedding reception at the Cabrillo Pavilion Arts Center in July. Our guests enjoyed the beautiful view of the Pacific Ocean from the venue as well as the beautiful Spanish style decor. We received many compliments from our guests. The venue is great for any occasion but was definitely great for our wedding!

—Andrea R

Top: A wedding reception at Chase Palm Park Center. Photo by Linda Cobb.

Top left: Wedding couple strolls the lawn in front of the Chase Palm Park Center. Photo by Scott Gibson, SGP Photography.

Left: The beach in front of the Cabrillo Pavilion Arts Center is a very popular wedding site. Photo by Scott Gibson, SGP Photography.

[www.sbparksandrecreation.com](http://www.sbparksandrecreation.com)



# WEDDING & CELEBRATION SITES

## *We'll Make Your Special Day Unforgettable!*

**S**pectacular indoor beachfront facilities and picturesque outdoor beach and park locations make us the perfect choice for your wedding and reception. Want to dance under the stars? Choose a location with thousands of roses? Or how about a sparkling ocean as the backdrop to your special day? All of our locations are affordable, well-maintained and can accommodate from 10 to 300 guests. Limited space is still available for 2013, and we are booking now for 2014. Let us help make your dreams a reality! Call 805-897-1982 or visit [www.sbparksandrecreation.com](http://www.sbparksandrecreation.com).



*Above: A beachfront wedding is always popular in Santa Barbara. Photo by Scott Gibson, SGP Photography. Below: Setting up for a wedding at the Mission Rose Garden. Photo courtesy of Pure Joy Catering.*



### Wedding/Celebration Sites

	Capacity
Alameda Park, Micheltorena & Anacapa Streets	33/150
Calle Puerto Vallarta, Cabrillo Blvd. & Calle Puerto Vallarta	300
Chase Palm Park, 323 E. Cabrillo Blvd.	
Floral Gateway	200
Chase Palm Park Meadow	5,000
Chase Palm Park Pavilion	300
Chase Palm Park Plaza	250
East Beach—Cabrillo West, Cabrillo Blvd. & Corona del Mar	200
Leadbetter Beach, Loma Alta & Shoreline Drive	200
Mission Historic Park (Rose Garden), Los Olivos and Laguna St.	200
La Mesa Grassy Area, 295 Meigs Road	125
Shoreline Alternate Area, La Marina & Shoreline Drive	125

# INDOOR RECEPTION, EVENT & MEETING LOCATIONS

## *Affordably Priced Facilities for any Occasion*

**P**lanning a party or special event? Need a room for meetings? We have just the location to meet your needs and your budget! All our facilities are affordably priced and provide a broad range of amenities to suit your needs. Sites vary and can accommodate from 10 to 500. Call the numbers listed for each facility below or go to our website for more information and facility reservations.



*Above: A caterer lights candles at a wedding reception at Cabrillo Pavilion Arts Center. Photo by Kristen Renee. Right top: The Chase Palm Park Center's indoor room and outdoor beachfront patio is one of the most popular event locations in the City. Photo by Scott Gibson, SGP Photography. Below: A party set up at the newly-renovated Carrillo Recreation Center. Photo by Kristin Renee.*



### Indoor Locations

	Capacity
Cabrillo Pavilion Arts Center, 1118 E. Cabrillo Blvd./805-897-1983	200/250
Carrillo Recreation Center, 100 E. Carrillo St. /805-897-2519	300/550
Casa las Palmas, 323 E. Cabrillo Blvd./805-897-1983	60/75
Chase Palm Park Center, 236 E. Cabrillo Blvd./805-897-1983	100/120
Franklin Center, 1136 E. Montecito St./805-897-2582	150/150
L. L. Davis Center, 1232 De La Vina St. /805-897-2568	30/150
Mackenzie Adult Bldg, Las Positas & McCaw Ave/805-897-2560	70/100
Ortega Welcome House, 632 E. Ortega St./805-897-2560	50/70
Westside Center, 423 Victoria St./805-897-2560	150/325





# PICNIC & OUTDOOR PARTY SITES

*Enjoy the Outdoors for Your Next Party!*

**M**ake the most of our local beaches and parks. Want to play beach volleyball or bring your kids to a playground? Rent a picnic site and have a family barbeque? We've got the perfect outdoor sites for you. And oh yes . . . spring, summer and fall in Santa Barbara are the perfect times of the year to have an outdoor event. With all the beautiful parks and beaches in the City, there is one just waiting for you. Call 897-2560 to check availability and make a reservation or go to [www.sbparcsandrecreation.com](http://www.sbparcsandrecreation.com) and click on "Facilities" in



*Top: A child's birthday party at La Mesa Park. Inset top: 3 girls clown around at Alameda Park. Lower left top: A birthday celebration under the oaks at Alameda Park. All photos by Rick Vaill. Lower left bottom: Hilda Ray Park has wonderful views of the city. Photo by Ken Brown.*



## Outdoor Picnic/Party Sites

	Capacity
Alameda Park, Sola & Garden Streets	40/60
Chase Palm Park Picnic 1 & 2, 323 E. Cabrillo Blvd.	16/25
East Beach Picnic Areas, Cabrillo Blvd. & Niños Drive	10/40
Eastside Park, Soledad and Yanonali Sts	40/40
Hilda Ray, 1400 Kenwood Drive	40/50
La Mesa, 295 Meigs Road	80/100
Leadbetter Beach Picnic Area Loma Alta & Shoreline Drive	70/125
Oak Park, 300 W. Alamar Avenue	30/500
Ortega Picnic Area, 600 E. Ortega Street	250/500
Shoreline Picnic, La Marina & Shoreline Drive	50/60
Skofield Park, 1819 Las Canoas Road	30/200
Stevens Park, 258 Canon Drive	40/60

# CARRILLO RECREATION CENTER

## *The Perfect Downtown Venue*

**T**he centrally located historic landmark Carrillo Recreation Center is the perfect downtown venue for your special event. Select Friday and Saturday nights are available for rentals that can accommodate up to 550 guests. The entire ground floor is included and boasts amenities including:

- One of the best dance floors in the western United States. Our unique cantilevered floor flexes under every step, making it feel like you're dancing on a cloud!
- Beautifully landscaped front and rear courtyards that can provide an elegant extension of our interior spaces.
- Working fireplaces in the Founders Room and Meeting Rooms.
- Downstairs dance studio that can be used as a catering prep area or childcare zone.
- 400 stylish chairs and a variety of tables to accommodate almost any need.



*Top right: The first dance at a wedding party in the Carrillo Ballroom. Photo by Halberg Photographers.*

*Below: The Carrillo Ballroom can accommodate up to 550 guests and boasts a stage, sound system and unique flexible dance floor. Photo by Kristin Renee.*



**Contact Carrillo Recreation Center**  
**805-897-2519 and visit our site**  
**at 100 E. Carrillo Street.**  
**[www.carrillorec.com](http://www.carrillorec.com)**



# ATHLETIC FIELD RENTALS

The City's athletic fields can be rented by calling the Parks & Recreation's Sports Office at 564-5422. Fields can be rented by the hour and guarantee your team or group will have full access. Extra fees are charged for field lights and field preparation (i.e. lining fields, infield watering and dragging, bases, etc.). Please call for more information and current field-rental fees. Athletic Field Hours: sunrise-1/2 hour after sunset except by permit. Phone: 564-5422

## SOFTBALL & BASEBALL FIELDS

### CABRILLO BALL FIELD

800 East Cabrillo Boulevard (corner of Milpas and East Cabrillo). Free street parking available or beach parking available 1 block away.

Cabrillo Ball Field is one of the most picturesque ball fields you will find in the country with palm trees and the Pacific Ocean located beyond the outfield. Players who have the privilege to play here never forget their experience. Lights available.

### DWIGHT MURPHY PARK SOFTBALL FIELD

Niños Drive and Por La Mar. Free parking available.

Adjacent to the Santa Barbara Zoological Gardens, the softball field is available to schedule youth baseball practices, adult softball practices and tournaments.

### PERSHING PARK

100 Castillo Street. Free parking available.

Located one block from the Santa Barbara Harbor, this sports park includes two softball fields available for youth baseball practices, adult softball practices and tournaments. Tennis courts are also available to rent for \$11/hour (resident nonprofit rate). Call 564-5573 for tennis information. Lights available.

### RENTAL FEES:

Softball and Baseball Fields:  
\$23/hr adult practice or game  
\$15/hr youth practice  
\$26/hr lights

Soccer Fields:  
\$23/hr adult practice or game  
\$15/hr youth practice  
\$26/hr lights

## SOCCER FIELDS

### MACKENZIE PARK

State and De la Vina Streets. Free parking available.

This two-level park has two groomed baseball fields with infield grass (Mustang and Bronco). Baseball fields can be rented for baseball practices and tournaments when PONY Baseball is not in season.

### DWIGHT MURPHY PARK SOCCER FIELD

Niños Drive and Por La Mar. Free parking available.

Dwight Murphy Soccer Field is Santa Barbara's premier soccer complex. The field can be rented for youth football, youth soccer, and lacrosse practices and games on weekdays. The field is available for adult soccer game rentals on weekends.

### CHASE PALM PARK (ocean side)

East Cabrillo Boulevard. Street parking available.

East Cabrillo Boulevard. A beautiful palm-lined, narrow park adjacent to East Beach. The open grass field is popular for soccer practice rentals. This is a drop-in, first-come first-served park.

### ORTEGA PARK

640 Salsipuedes. Street parking available.

A family-oriented park on the east side of the city. The softball outfield doubles as a soccer field and can be rented for practices.

### SANTA BARBARA SCHOOL DISTRICT FIELDS

La Colina and Santa Barbara Junior High School fields are available for practices and games for sports that the fields can accommodate (i.e. soccer, football, lacrosse, Ultimate Frisbee, kickball, etc.). Lights available.



# COMMUNITY INFORMATION

Neighborhood & Outreach Services

Santa Barbara Arts & Crafts Show

Santa Barbara Golf Club

PARC Foundation

Department Policies

Activity Registration Form

*Top right: Leticia Medrano offering bread at the Franklin Neighborhood Center Mobile Food Pantry through Neighborhood & Outreach Services. Photo by Molly McDonough.*

*Bottom: The Santa Barbara Golf Club is the perfect course for all levels of players. Photo by Janaki Wilkinson.*



[www.sbparksandrecreation.com](http://www.sbparksandrecreation.com)



# NEIGHBORHOOD & OUTREACH SERVICES

## SERVING NEIGHBORHOODS & STRENGTHENING FAMILIES

The mission of Neighborhood and Outreach Services is to provide programs and outreach services to strengthen families, improve outcomes for children and youth and enhance neighborhoods and create stronger communities. Neighborhood and Outreach Services manages three centers that offer a variety of programs, services and activities for all ages. In addition, the neighborhood centers also have rooms available to rent for meetings and parties; call individual facilities for room rental information.

### Franklin Neighborhood Center

1136 East Montecito St.  
Mon-Fri, 8a.m.-5p.m.  
897-2582; Fax 963-7607

### Westside Neighborhood Center

423 West Victoria St.  
Mon-Fri, 8a.m.-5p.m.  
897-2560; Fax 963-7569

### Louise Lowry Davis Center

1232 De la Vina St.  
Mon-Fri, 9a.m.-5p.m.  
897-2568

## Mobile Food Pantries & Mobile Farmers Markets

The Mobile Food Pantries and Farmers Markets, in partnership with the Santa Barbara County Food Bank, provide free food distribution programs for low-income individuals and families. Participants do not need to apply; they simply show up at locations/day/times listed below and receive free groceries. Mobile Food Pantries provide a variety of foods including produce, bread, canned foods, and other non-perishables. Mobile Farmers Markets provide fresh produce only. Participants need to bring their own bags or boxes to carry their food.

### Mobile Food Pantry

- Parque de los Niños (520 Wentworth)  
First Tuesday of the month at 1p.m.
- Franklin Neighborhood Center (1136 East Montecito Street)  
Third Tuesday of the month at 2:30p.m.

### Mobile Farmers Market

- Westside Neighborhood Center (423 West Victoria Street)  
Every Monday at 1p.m.
- Franklin Neighborhood Center (1136 East Montecito Street)  
Every Thursday at 1p.m.
- Davis Center (1232 De La Vina)  
Every Monday at 1p.m.
- Parque De Los Niños (520 Wentworth Ave)  
Every third Tuesday at 1:30p.m.

### Brown Bag Program

Supplemental grocery distribution for low-income seniors available at the Westside and Franklin Neighborhood Centers. Please call the Community Action Commission at 683-4458 to register and for distribution information.

### Senior Meal Program

The Westside Neighborhood Center serves as a senior meal site to provide low-cost hot meals to qualifying senior residents. For more information, call 683-4458.



## Community Garden Plots Now Taking Applications

Enjoy growing your own healthy organic vegetables, herbs and flowers at one of three community gardens—Rancheria, Yanonali and Pilgrim Terrace—conveniently located near the Franklin and Westside Neighborhood Centers and the lower Westside neighborhood. Garden plots of 10 x 20 feet can be rented for the modest price of \$64 annually (\$75 without a Resident Discount Card) by visiting your nearest neighborhood center and applying for a plot today.

## Free Legal Clinic

Through our partner, the Legal Aid Foundation of Santa Barbara County, the free legal clinic provides high quality legal services to low-income persons and seniors to ensure that they have access to the civil justice system in times of crisis. 963-6754.

# NEIGHBORHOOD & OUTREACH SERVICES

Neighborhood and Outreach Services wishes to thank agencies, organizations and businesses for their partnership and for their gracious current and past support and contributions to our Programs!

Santa Barbara Foundation

Santa Barbara Foodbank

Santa Barbara Legal Aid  
Foundation

Santa Barbara and Goleta  
Airports

Santa Barbara County Arts  
Commission

Santa Barbara Painting, Inc.  
Healthy Linkages

Santa Barbara Moose Lodge  
Community Development  
Block Grant/Human  
Services

Committee

Santa Barbara Beautiful

MarBorg Industries

Unity Shoppe

UCSB Early Academic  
Outreach

Associated Student Body

Isla Vista Give Project

Alternative Detention Program

Bici Centro

Bikes For Kids

Whole Foods

See pages 18-20 for more information on other Teen activities and opportunities.



*The Santa Barbara Youth Council*

*Photo provided by Santa Barbara Police Activities League (PAL)*

The Santa Barbara Youth Council is comprised of 17 members between the ages of 13 and 19 years old who advise, comment and make recommendations to the Mayor and City Council, the Parks and Recreation Commission and other City boards, commissions and staff on issues that primarily affect the youth of Santa Barbara. The Youth Council is one of the “voices” of the local teen community that identify teen issues and other needs. The Youth Council promotes and encourages youth interest and participation in community affairs and collaborates and engages with other community agencies, advisory bodies and other youth groups in areas of mutual concern and benefit. The Youth Council meets the 1st and 3rd Monday of each month in the City Council chambers. Meetings are open to the public.

To participate in the Youth Council or on one of their subcommittees, download an application from [www.sbarksandrecreation.com](http://www.sbarksandrecreation.com) (click on Teens link) or pick one up at the Davis Center, 1232 De la Vina Street. Youth Council vacancies are filled in November and May through an application and interview process. For more information call 897-2652.



# SANTA BARBARA ARTS & CRAFTS SHOW



**SANTA BARBARA ARTS & CRAFTS SHOW** rambles along the beautiful beachfront of Santa Barbara. Established in 1965 by local artists, the Santa Barbara Arts & Crafts Show is the only continuous, non-juried arts festival of original drawings, paintings, graphics, sculpture, crafts and photography in the United States. Approximately 200 Santa Barbara County artists display their handmade, original arts and crafts. Held on all fair weather Sundays and some holiday Saturdays.

## HOLIDAY & SPECIAL SHOW DAY SCHEDULE

In addition to **every** Sunday, there are a number of special holiday shows held each year.

Saturday, August 3	Fiesta Show
Saturday, August 31	Labor Day
Saturday, November 23	Thanksgiving
Saturday, December 21	Christmas
Wednesday, January 1	New Year's Day
Saturday, January 19	Dr. Martin Luther King, Jr.
Saturday, February 16	President's Day

For more information about the Santa Barbara Arts and Crafts Show, including information on any of our artisans or how to become a show member, please call (805) 897-2519, visit our website at [www.sbaacs.com](http://www.sbaacs.com), or stop by our offices at the Carrillo Recreation Center, 100 E. Carrillo Street, between 9a.m.-5p.m., Monday-Friday.

# SANTA BARBARA GOLF CLUB

## YOUTH GOLF Programs

### RUSS MORRISON JR. GOLF: Ages 7-17

All clinics are held at the Santa Barbara Golf Club with PGA apprentice Larry Buker and other PGA staff.

- Saturday clinics are open to all Russ Morrison participants from 3:30-5p.m. weekly during two 16-week Summer/Fall and Winter/Spring sessions.
- Wednesday golf outings are for Blue Level golfers
- \$100 annual fee

Information at [www.sbyouthgolf.com](http://www.sbyouthgolf.com) or call 687-7087 or 705-8787.

### THE FIRST TEE Program: Ages 7-17

The First Tee Program merges golf instruction with life skills and core values. Weekly 90-minute golf practice sessions are available for just \$100 per 9-week program session. Fall Program 9/10-11/7, 3:30-5p.m. Hosted at Santa Barbara Golf Club and taught by Doug Crane, PGA, TFT Coach and Pete Lamantia, TFT Coach.

Information at [thefirstteeccentralcoast.org](http://thefirstteeccentralcoast.org) or call 805-689-0064.

### SANTA BARBARA YOUTH GOLF LEAGUE Ages 9-11 & 12-14

A monthly afterschool 9-hole golf league is starting September 5 2013 through May 2014. Sign-ups are in August. Two divisions compete for 1st-5th place trophies. This is a teaching league endorsed by The First Tee and Russ Morrison Jr. Golf programs to aid in the development of juniors to advance into tournament golf. Open to boys and girls 9-14 with recommendation of golf coach or instructor. Information at [www.sbyouthgolf.com](http://www.sbyouthgolf.com) or call league director Pete Lamantia at 805-308-1321.

### GUPPY GOLF: Ages 3-6

Sally Quinlen, LPGA, teaches young kids basic golf skills using games, field trips and fun in a safe, structured environment at the SB Golf Club. Days, times, prices at [www.GuppyGolf.com](http://www.GuppyGolf.com) or 818-389-4332.

## ***The Best Golf Value in Santa Barbara***

**3500 McCaw Ave at Las Positas • 805.687.7087 • [www.sbgolf.com](http://www.sbgolf.com)**

**18 Hole Public Course • Internet Tee Times**

**Great Local Rates**

**Annual Rewards Card with Discounts & Benefits**

**Driving Range • Pro Shop**

**Cart & Club Rentals**

**Group & Private Lessons**

**Restaurant & Bar**





# PARC FOUNDATION

## Parks & Recreation Community Foundation *Join Us!*



*Promoting, preserving and enhancing parks, recreation programs  
and open space for Santa Barbara since 1986.*

The PARC Foundation raises funds to support the City of Santa Barbara Parks & Recreation Department's parks, programs, facilities and services. PARC promotes the value and benefits of our parks and programs to the community and also partners with organizations that support our mission and help us to serve the community more effectively.

Through donor support, PARC helps ensure the future of our spectacular open waterfront, from the East Beach volleyball nets to the family playground at ShorelinePark; the wild spaces of the Douglas Family Preserve; the serenity of the gardens at Alice Keck Park Memorial Garden and over 50 other City parks; and events like the summer Concerts in the Park. PARC also supports positive programs like our Youth Summer Camp Scholarship Fund, Youth Culinary Arts Program and the Santa Barbara Arts Alliance for young people who are most at risk of gang involvement.

Your \$25, \$50, \$100, or even \$1,000 will go toward helping PARC and the Parks & Recreation Department continue to promote, preserve, and enhance parks, recreation programs and open space in Santa Barbara. **Together** we can insure that these parks, programs and facilities can be preserved for the enjoyment, appreciation and improved quality of life of present and future generations. **You can help make it happen!**

**For more information, contact PARC Foundation**  
**[www.parcsb.org](http://www.parcsb.org) • 805.280.9799 • PO Box 91742, Santa Barbara, CA 93190**  
**501(c)3 Not for Profit Foundation. All gifts are fully tax deductible.**

# PARKS & RECREATION POLICIES

## Code of Conduct

The benefits of Parks and Recreation Programs are numerous—enhancing health and building strong families and healthy communities. To ensure the quality of programs and public safety, we ask all participants, staff, parents, spectators, coaches, and volunteers, to abide by this Code of Conduct:

- All persons shall act with respect toward other persons, respect their privacy and personal safety.
- Physical or verbal abuse of any kind will not be tolerated.
- All persons shall treat public and private property and equipment with respect.
- Program rules and regulations shall be observed at all times.

Any City representative responsible for officiating, supervising or otherwise operating a Parks and Recreation program shall have authority to enforce the terms of this Code, as authorized by the Director of Parks and Recreation, empowered by Municipal Code Section 15.16.220. Failure of any person to abide by this Code of Conduct will result in disciplinary action, including but not limited to:

- 1) removal from the program area,
- 2) restriction on program participation and
- 3) suspension or expulsion from the program. Minors, under the age of 18, are required to have a parent or legal guardian sign the registration form.

No refund of fees shall be given for any suspension or expulsion from a program for violating the Code of Conduct. The Parks and Recreation director shall review any expulsion or suspension longer than three days. Appeals of any suspension or expulsion shall be filed, in writing, with the Parks and Recreation director within seven (7) days of action. Decision of director is final.

## Resident Discount Program

Santa Barbara City residents are eligible to receive a 10% discount on designated fees paid for activities and programs and a 20% discount on facility rentals offered through the City of Santa Barbara Parks & Recreation Department. To qualify, proof of City residency must be shown using a California Department of Motor Vehicles Driver's License or ID card with a Santa Barbara City address and zip code. P.O. Boxes are not acceptable. A copy of a recent water, gas or electric bill, property tax bill or cable bill is also acceptable for residence eligibility.

The Resident Discount is valid for all family members living at the same household address. The discount will be revoked if the family moves out of City limits or if the identity of family members or the residence address has been falsified.

## Fees

All fees listed are subject to change on September 1 of every year subject to approval by City Council. The exception is for golf fees, which are subject to change July 1 of every year. For facility rentals booked prior to September 1, any additional fees will be due before the rental date.

## Program Satisfaction Guarantee

If, for any reason, you are not satisfied with a Recreation activity, we will refund your money in full (or give you credit toward a future Program) if you make your request before the third meeting of the activity. This does not apply to facility rentals (see above), adult sports leagues, the Santa Barbara Golf Club, or the Santa Barbara Arts & Crafts Show. For service, call 564-5418.

## Accessibility to Recreation Services/Inclusion Program

Parks & Recreation welcomes the participation of persons with disabilities in our programs and facilities. It is the goal of Adapted Programs to plan for reasonable and appropriate program accommodations for a positive recreational experience. This may or may not include extra supervision provided by an inclusion support staff. **Registration must be received three weeks prior to program start in order to allow sufficient time for consultation between staff, assessment of the individual, evaluation of activity and/or equipment modification, level of supervision required and provision of staff.** Participants requiring accommodations may need to provide additional information concerning their medical condition. Once you have registered for a program and your medical condition status changes from the original registration information, please contact the Adapted Programs office to update your information. Let our well-trained staff help make your recreational experience safe and enjoyable. Information: 564-5421.

## Facility Rental Refund Policy

A 100% refund of reservation fees will be given if rain causes the cancellation of an outdoor facility use and notification is received within five working days. All other cancellations of indoor or outdoor facility use must be made at least 30 working days prior to the use date. Reservation fees and application fees are non refundable.

A portion of facility use fees may be refundable (check each facility's policy). Security and key deposits will be refunded in full if conditions for refund are met.

## Activity Refund Policy

A 100% refund will be given for activities cancelled by the Parks and Recreation Department. Refund requests made prior to the start of an activity will be granted without explanation, and will be subject to a 10% service charge. Refund requests made during the course of an activity will be prorated and then subject to a 10% service charge.

## How to Read the Class Grid

Each class description is followed by a grid listing the code number, day(s), time(s) and date(s) followed by two prices (ie: \$60/\$54). The second, lower fee is for Santa Barbara City residents with a Resident Discount. This discount is available to all City residents with proof of City residency and is obtained through the Parks & Recreation office.





# ACTIVITY REGISTRATION FORM—2

## Activity Registration Form • City of Santa Barbara Parks & Recreation

Please be sure to fill out BOTH sides of registration form

EMERGENCY CONTACT	Relationship	Home Phone	Work Phone	Cell Phone/Pager
1.				
2.				
3.				

*It is the responsibility of the participant to disclose all relevant information regarding the participant's health and special needs. Additional information and/or a physician's clearance may be required for participants with special needs or medical conditions. Information will be kept confidential and used only to determine appropriate assistance.*

HEALTH & SPECIAL NEEDS	YES	NO	If yes, explain and list current medications
ADD, ADHD	<input type="checkbox"/>	<input type="checkbox"/>	
Allergies	<input type="checkbox"/>	<input type="checkbox"/>	To what? <input type="checkbox"/> Hives/rash <input type="checkbox"/> Breathing difficulty <input type="checkbox"/> Epi-pen <input type="checkbox"/> Benadryl
Asthma	<input type="checkbox"/>	<input type="checkbox"/>	Requires medication/inhaler <input type="checkbox"/> Yes <input type="checkbox"/> No When? <input type="checkbox"/> Daily <input type="checkbox"/> As needed <input type="checkbox"/> With exercise
Communicable diseases	<input type="checkbox"/>	<input type="checkbox"/>	
Diabetes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Type I <input type="checkbox"/> Type II <input type="checkbox"/> Is independent in diabetes self care <input type="checkbox"/> Needs daily assistance
Diet or activity restrictions	<input type="checkbox"/>	<input type="checkbox"/>	
Medications	<input type="checkbox"/>	<input type="checkbox"/>	
Seizure Disorder	<input type="checkbox"/>	<input type="checkbox"/>	Date of last seizure: / / Seizure type:
Other conditions/disabilities	<input type="checkbox"/>	<input type="checkbox"/>	
Wheelchair user	<input type="checkbox"/>	<input type="checkbox"/>	Transfers: <input type="checkbox"/> Independently <input type="checkbox"/> Partial Assistance <input type="checkbox"/> Full Assistance
Requesting assessment for disability (Inclusion) support	<input type="checkbox"/>	<input type="checkbox"/>	Contact 564-5421 for more information on our Inclusion program.

**PHOTOGRAPH RELEASE FOR ALL PARTICIPANTS:** The Parks and Recreation Department may take and use photos of participants for publicity purposes. Photos of participants are used in the City's activity guide and other media publications. I hereby grant the City of Santa Barbara permission to use my likeness, name, voice and words in any broadcast, telecast or print media account of this event or activity free of charge. **INITIAL HERE** \_\_\_\_\_

### INFORMATION BELOW FOR PARTICIPANTS UNDER 18 YEARS OLD

School \_\_\_\_\_ Grade Sept/2013 \_\_\_\_\_  
 Others authorized to pick up the participant \_\_\_\_\_ Sep 2011 \_\_\_\_\_

**PERMISSION TO AUTHORIZE TREATMENT FOR MINORS:** In the event of emergency injury or illness while the participant is attending the recreation activity, I hereby authorize the Parks and Recreation Department to consent to medical treatment on behalf of my child. The undersigned, as parent or legal guardian of the child identified on this form, hereby authorizes the Parks and Recreation Department and its adult officers, employees and agents into whose care the registered child has been entrusted, to consent to any x-ray, examination, anesthetic, medical or surgical diagnosis or treatment and hospital care to be rendered to said minor under the general or special supervision and upon the advice of a licensed physician or surgeon. This authorization is given pursuant to the provisions of section 6910 of the Family Code of California. It is understood that if time and circumstances reasonably permit, the Parks and Recreation Department will endeavor, but is not required, to communicate with the parent or guardian prior to consenting to such treatment. The undersigned further agrees to RELEASE, WAIVE, DISCHARGE AND COVENANTS NOT TO SUE the City of Santa Barbara, its employees, officers and agents on behalf of the undersigned, the registered minor and their personal representatives, assigns, heirs, and next of kin for any loss, damage, or claim therefore on account of any injury to the minor associated with any medical care performed or provided with consent given pursuant to this authorization. This authorization to consent to treatment of the minor identified above is given to the Parks and Recreation Department in conjunction with any activity or event in which the minor's care is entrusted to the Parks and Recreation Department. **INITIAL HERE** \_\_\_\_\_

**PERMISSION FOR FIELD TRIPS FOR MINORS:** Some recreation activities include field trips to parks or public sites. Staff and participants arrive at their destination by either walking or riding on public buses, trolleys or other City-approved vehicles. I hereby consent to the staff of Parks and Recreation Department taking my child on field trips during the recreation activity. **INITIAL HERE** \_\_\_\_\_

**PARTICIPANT SWIM ABILITY ASSESSMENT FOR MINORS:** The Recreation Program may include aquatic activities at a pool, beach or other location with water. Please check the box below with the description that most closely fits the participant.

- ☐ Type I Does not know how to swim or is uncomfortable or nervous around water. Cannot put their face in the water, hold their breath, right themselves or float
- ☐ Type II Can hold their breath, fully submerge their head under water, right themselves, float unsupported for five (5) seconds, flutter kick and to turn over from front and back. Is uncomfortable in water over their head and is unable to propel themselves beyond ten (10) yards.
- ☐ Type III Comfortable in deep water, can demonstrate basic swimming stroke techniques with controlled breathing, can propel themselves twenty five (25) meters and tread water for two minutes.
- ☐ Type IV Comfortable in deep water, can demonstrate advanced swimming stroke techniques with controlled breathing, can continuously propel themselves for a minimum of 100 meters, tread water for four (4) minutes and swim fifteen (15) meters under water